Lester Levenson 100th Anniversary CD Set

[Speaker 1] (0:00 - 1:19:02)

Greetings, this is Lester talking to you from his heart. If the tapes you have heard have helped you, there is much more help that is available. On the tapes, I talk to you in a manner that is oriented to provoke thinking in you that leads you to a new realization.

I talk to you in a way that attempts to reach the part of you that inherently and intuitively understands more than your present intellectual ability. All this leads you to wisdom, wisdom that is higher than present intellectual knowledge. I have evolved a do-it-yourself method that can show you how to every day increase your understanding.

It will greatly enhance and increase your self-growth and that each one of us has no limits except those that we hold onto subconsciously. And that when we let go of our subconscious limitations, we discover that our potential is unlimited, unlimited in the direction of health, happiness, affluence and materiality and will allow you to achieve the ultimate of that which you wish in life. Thank you.

I was born July 19th, 1999 in Elizabeth, New Jersey into a middle-class family as a very shy person. The years before I discovered what I now have was that extreme shyness and bewilderment at what is this world and never really feeling that I belonged, fitted into it. Always wanting to be a good person, a good boy, a good youth, a good young man.

And I try to do things as things were supposed to have been done, doing the right things, getting a good education, being the best in my field. And my natural inclination was towards science, especially the science of the world and man himself. And I was graduated from Rutgers College in 1931 as a physicist, after which I worked 20 some years in physics and in engineering.

I have a history of changing frequently from job to type of work I was doing. In physics, I worked at research and development on measuring instruments and automatic control connected with Brown Instrument Company, which became a subsidiary of Honeywell. And in the engineering field, I worked as an electrical engineer, a mechanical engineer, construction engineer, heating and ventilating engineer, marine engineer, actually 14 different fields.

I also made attempts, actually went into various businesses intertwined with the engineering. Wanting to make money, wanting to make it in the world. And all these projects were rather short-lived because whenever I got to a point of success, I lost interest, and because I lost interest, my project would drop away from me.

At that time, I did not know what I know now. That what I was seeking was actually the

answers to life itself, and that nothing I had worked at would give me that answer. And as the years went by, I became heavy with depression, with sickness.

And by 1952, I had been through constant ailments like being jaundiced three or so times a year, constantly with an enlarged liver, kidney stones, spleen trouble, hyper and hypoacidity, ulcers that perforated and formed lesions. And then I had at least 10 years of migraine headache. And then toward the 1952, 1952, I had had two coronary thromboses.

And after the second one, I was told I wouldn't live much longer, that I might die any day, that I shouldn't even take the effort to go up a step unless I absolutely had to. Also during that period, I was getting heavier psychologically and sicker physiologically. And so I was seeking aid.

I was constantly with specialists, medical specialists. And I had had four years of psychoanalysis four times a week under an associate of Freud, a Dr. Killian Bloom, B-L-U-H-N. And this was the early 40s.

Who had an office, I think it was East 96th Street. And after four years of psychoanalysis, I was discharged with, quote, some people cannot be helped, unquote. And that was quite a shock.

However, I never said die. And after the second heart attack, after three days of cogitating with intense fear, a stir, I was extremely fearful of dying. But I realized, I said to myself, you're still breathing, Lester, there's still a chance.

So I sat me down and began thinking on an around-the-clock basis. I had been considered a very smart boy, always made the honor roll. I had a four-year scholarship to Rutgers back in the days when not many scholarships were handed out.

But then after the second heart attack and when I was told I wouldn't live, I said to myself, Lester, you are stupid, stupid, stupid. Having lived 43 or so years and having reached the end of the line without happiness, without health, therefore all this knowledge that you have accumulated is of no avail. I had studied Watson's Behaviorism in the 30s, Freud in the later 30s and early 40s.

I had studied the philosophies, I had studied logic, I studied economics, I studied all the major fields of man. And with all that knowledge, there I was at the end of the line. Making me realize that the accumulated knowledge of man was of no use.

And so then I decided, start from scratch, forget all that knowledge, begin from point zero and see what you can pick up. So I posed the questions, what am I? What is this world?

What is my relationship to it? What is mind? What is intelligence?

What is happiness? And I began by asking myself, what do I want out of life? And the answer was happiness.

And I said, what is that? Oh, that's getting everyone's approval. And that was a shock to me because I realized I was getting large amounts of approval from my family, from my friends, from most people that I knew.

And here I was miserable. Investigating further, I went into the moments when I was feeling happiest. And I discovered something which to me was startling at the time, that it was when I was loving that I was happiest.

That happiness equated to my capacity to love rather than to being loved. That was the starting point. I began correcting all my thoughts and feelings in that direction, from that of wanting to be loved to that of loving.

And in that process, I discovered another major thing that kind of shocked me. I saw that I wanted to change this entire world and that that was the cause of my ulcers, or one of the major causes of it. On realizing how much I wanted to change things in this world and that that made me a slave of this world, I made the decision to reverse that.

And then I began letting go of all my want and need to control this world. And in the process of following out these two directions, of actually unloading all the subconscious concepts and pressures in those directions, I discovered I was getting happier, freer, lighter, and feeling better in general. On seeing that this direction was good, I made the decision that if a slice of the pie tastes as good I want the whole pie.

And I decided not to let go until I got that whole entire pie of happiness and with it the answer to what am I, what is this life, what is my relationship to it. This decision allowed me to, as I claim, get the answer to life itself in a matter of three months' time. And I actually believe if I did it, anyone could do it if they had that much want to.

And in that three-month period of time, all the ailments I had in my physical body corrected. All my miseries dropped away. And I ended up in a place in which I was happy all the time with no sorrow.

Not that the world stopped pushing against me. It continued. But I was in a place where I could resolve things almost immediately.

Having cleared out all the negative fears, all the negative I-cannots, I would focus right in on the answer to every problem and get it very quickly. And so my whole life turned around from being one of formerly being depressed and sick to one of being happy all the time and in perfect health all the time. One of the things that happened in this process was identification with others.

I saw that we are all related. We are all interconnected. Our minds are interconnected.

Each mind is like a radio broadcasting and receiving station, that we are all tuned into each other unconsciously. We're just not aware of it. And that if a lot of the suppressed energies are allowed out, this becomes obvious to us.

And once we identify with everyone else, it's just natural that we want everyone else to discover what we have discovered, that life was meant to be beautiful, meant to be happy all the time with no sorrow, meant to be with perfect health. And so from that, reaching that high point of understanding in 1952, from that time on, I have wanted to help others discover what I discovered. In the early years, I worked with people person to person.

Help for each one was dramatic and very effective. However, they would develop a dependency upon me which would cause them to expect me to do it for them. And this was unconscious in them.

And the reason for that is from the day of birth until we are teenagers, everyone does have someone taking care of everything for them, their parents. And it's so deeply ingrained in us today, we still expect and want someone to do it for us. However, no one can do it for us, we must do it by ourselves.

The only thing someone else can do for us is to show us the way, show us the method, show us how to get moving in a right direction. So for the first 20 years or so, after giving this freely to anyone who would listen to me, I realized that the amount of accomplishment was rather minimal, working one-on-one. And it came to me that to get this out to the majority, it would be necessary to set it up in a methodology that could be given out by others to others.

And so I evolved the present system, a very specific method of undoing all the suppressed emotions, all the negative feelings, of undoing the inhibitions and compulsions, which are the things that are driving the world today in wrong directions. We have accumulated so much of suppressed energy that it is coming out in devious directions, upsetting our purpose in life, our goals, to the point where instead of making life a beautiful harmony here on earth, we are using the best of our energies in a direction of destroying this earth. We are today poisoning the air, poisoning the water, poisoning the food, and poisoning our minds through radio, TV, and movies.

And we have gotten to the place where we cannot see how we are driving ourselves downward and we are continuing in it. And the only way out of this thing is to first recognize that all this accumulated suppression is the cause of this downward direction, and that this accumulated suppression must be released in order to get the world in the right direction, in order to get each of us as individuals in the right direction, in order to get us happy, healthy, and prosperous. This method that we have will do just that.

However, it being experiential, it must be taught to each one how to release these

suppressed energies so that these negative, unwanted feelings are dumped until we are rid of them. And we discover that when these negative energies are out, the efficiency of our minds are at their highest. Thinking is clear.

We have a clarity that we never had before. We can see our purpose and direction in life and carry through. We discover that mind is only creative, that what we hold in mind is what materializes for us sooner or later, and that it's only because we're holding these unconscious, suppressed, negative thoughts, that negative things keep happening to us.

1973, the concept of organizing it into a system came to me. At the time I was in Arizona. I had left New York in 1958 only because what I was saying to people was really too far from what they wanted to hear.

And so I retired to a very nice place in Arizona, spent several years all by myself sitting around the clock in a beautiful state, until people began coming in to visit me, which caused me to get up and get out and float across the country. I would talk to groups, never made any commitments, I'd just float around, helping them, giving them person-to-person help as much as I could, nothing in an organized way. Until 1973, when I realized that those who gathered around me and lived nearby were not gaining any more due to their feeling of dependency upon me, no matter how much I told them I could not do it for them, no matter how many times I told them that they had to do it themselves, they were still looking to me to do it.

So that decision was made to not help people personally but to get it into this package form. I did it in 73. I tested it out in Arizona in 74 with educated people, with people with no education, and with children 10 years and older, and discovered that the method was gotten by all and that anyone could use it, that it was very simple and very easy if one chose to use it.

Every person has an unlimited ability within him, a potential way beyond anything he ever dreamed. We have this tremendous potential limited by and cut off by our own thoughts of limitation, the I can'ts. It's impossible for me to do that.

These generally accepted limitations are the cause of the limitations, that when these limitation concepts are dumped, the person discovers he doesn't have any limitations except those that he mentally holds. And see, in our course, there's a method of dumping these limitations. We discover that locked into our emotions are all the I can'ts, and that when the emotions are released, all that suppressed energy is released, the I can'ts are released, and then we only think I can.

And when we think only I can, the I can manifests and the unusual with it. You can have, be, or do whatever you will desire once you know this and do it. One is totally released on any particular thing, no matter how impossible it is.

If he's totally released, that impossible becomes possible that moment when he's totally released. Intellect is the rational part of mind that reasons, and intellectually ties things together, relates them. Feelings, experience, are a totally different aspect in that they are feelings and they don't rationalize.

You can rationalize about them, but they themselves are not rational or rationalizable. If they were, we could tell people, drop all your negative feelings and they would do it. But they can't because intellectually there's no tie there.

The only thing we can use the intellect for is to direct us toward the feelings, to focus us in on the feelings and then work at the feeling level. See, our course works at the feeling level. And the intellect, the rational part of the mind is all motivated by our feelings today.

We think we're free thinkers, but we're not. Our thinking is motivated by our feelings, all of it. Just check it and you'll see.

So that the prime thing is feelings. The secondary thing is rationale. And when the secondary thing is trying to explain the primary thing, it cannot.

So that you've got to understand the relationship of feelings to thoughts, that they're two different realms and one does not explain the other. It's when you get above thought and feeling that you can understand the two of them and how they relate. And there's no suppressed energy.

We're in the highest, happiest, most felicitous, the most knowing state there is. The more the suppression, the more our attention goes to unconsciously to hold that suppression down, the less attention we have for what is here now. As we release the suppressed energies, we come into present time.

Every feeling throws us into the past because that's where it was developed from. So when we perceive or calculate on the present with any feelings behind it, we're working with stuck keys from the past and we don't see what's here now. Witness an accident being witnessed by a half a dozen people.

We've got a half a dozen different reports and yet it happened one way because we see through our past feelings. We're trying to see now through our past. So to get a person to present time, he has to undo his suppressed feelings.

And when he has no more suppressed feelings, he's totally here now in present time with his total abilities and capabilities of perceiving and acting and effecting in life what he wants. Originally, our conscious thinking was all conscious. So we set up this system of the unconscious automated behavior.

My hand goes in hot water. If it's automated, I don't have to think, gee, I feel a sensation

in my fingers. Oh, it's hot.

Oh, the heat will damage my skin. I better pull it out and out I pull it. From past conditioning, the moment I hit hot, my hand bounces out that moment.

So originally we were thinking consciously and then we set up these automatic controls called feelings to give us automated responses, automated protection. And we lost sight of what we were doing and we kept on programming and programming and programming and programming until we reached the present state of man in which we are overwhelmed with our programming. Did you see Space Odyssey 2001?

That's it. The computer began to take over man, remember? Disconnected the life systems, killed everybody except the guy who was outside the ship.

But he's still smarter than the computer. He figured out a way how to get back into the ship. He exploded a charge, crashed himself back into the ship and went right to the banks of the computer and started taking him out.

That's exactly the way it is. Our mind is like a computer. We program it and we'll over-program it to the point where it's running us now.

So there is yet left a point where we can override the programs. But it's a weak, weak point today. And what we do is strengthen the ability to override and undo the old programs, to pull out the old banks.

Goes to the extreme, it's a nervous breakdown. The banks are running us instead of we running them. Now, I discovered a way.

See, there are thousands and tens of thousands of programs within us. And what happened was the, let's call the feelings as the programs. Thoughts culminate into feelings.

And the superficial feelings culminated into fewer feelings that we call emotions. The emotions culminate into still fewer feelings. And when you can get rid of those fewer feelings, you're actually getting rid of all the original.

In other words, there are relays that if we undo them, undo all the other automated responses. And this is what I hit upon. You're trying to get rid of all your grief, you wouldn't do it.

So I had to go more basic to the program that causes those programs. So I got to the two basic programs that are causing all the anger, fear, grief, apathy, jealousy, and pride. And I'm eliminating the program that programmed the emotions.

And that's one reason why our method is very effective. There's a lot of other built-in goodies about it in that you don't have to go into your past traumas. We take off at the

emotion and go deeper to this basic program and work there where there's no formally built up resistance towards getting into.

We don't want to get into our grief. We don't want to get into our anger now. And when you try to get people into it, there's tremendous resistance.

They don't want to feel awful. So we get them to a more basic point that they're not used to and don't feel so awful when they touch it. And that's another reason why our method is so effective.

I guess the third reason is that by using it, they learn that they do it. This is a tremendous thing. We don't do it.

They do it themselves. They learn by doing it that they do it themselves, eliminating the need of a teacher, a guru, the eliminating of a doctor that you have to keep going back to again and again and again, bit by bit by bit. The feelings are so intense now, we can only release part of it each time.

It gets less and less as we release. The goal being to rid ourselves of all our feelings of anger, fear, grief, apathy, jealousy, pride and guilt and so forth. And when we release ourselves from all these things, we discover that that which is left over is a thing we call love.

And that all feelings relative to love are negative and cut off our capacity to love. That's how simple it is. We're in a slave consciousness, 90% of us feel that we must have a job in order to survive.

Maybe 10% of us think we don't need a job and go out and do what we want to do and survive. When this apathetic slave consciousness is undone by dumping these negative emotions, people won't work for other people. They'll all work in a constructive, positive donation to society that helps everyone.

Today, most people are down at the bottom of the scale. They're very selfish. They're motivated only in what's good for me.

They have to undo that in order to be good for themselves and for others. The more selfless we are, the better it is for us. And the most selfish thing that I can do for me is to be totally selfless, I have discovered.

That's a two parallel, they're not in opposites for me. The more selfless I am, the better it is for me. This is something society has to discover yet.

People do not discover this as first. They're not looking for it where it is. They're unconsciously all looking for it in the thing they call happiness.

But they do not know that this happiness lies in their discovering that they are beings

with no limits. And by force of habit, they accept that they are limited to their bodies, to their troubles. And the accepting of it is the continuing of it.

And as we continue it, we make it better and better and better. So our problems and our difficulties get better, get more and more and more. When they go to the extreme, like they did with me, it seems that only then are people shook up enough to re-question the entire thing.

Enough to say that the way that we are going is not the way, that our happiness does not lie in fame, fortune, and being loved. When things get to the extreme, they realize that seeking those three things invariably end up in frustration and unhappiness. And then when they hit the extreme, there's only one way to go, not the way that they were going, looking for happiness and materiality, but to go within and question what is this all about?

Then they will discover what I discovered. Anyone can do it. If first he hears of the way out, and second, believes that this is the way out, and third, wants it so much that it becomes first in his life, more important than anything else, more important than seeking the happiness the way he had been seeking it, then he discovers that he is unlimited, that his joy has no limits, that the real natural way of life is perfectly harmonious, that nature is harmonious, and that all he needs to do is get in tune with it and live it. After the three-month period, I attended a metaphysical group, and he would call the students up to the front and ask them to give a talk to the group. And when he, first times he called me, I told him I didn't want to go up, and so he bypassed me.

And then after he stopped asking me, I realized, this is silly, the only reason why I wasn't doing it was the old tendencies remain, but the effectiveness of them is totally gone. The compulsiveness is done away with, even though the tendency remains. It's like a burnt rope.

It looks like a rope, it seems to be a rope, but it has no strength. You go to pick up a burnt rope, it just falls apart. And so seeing that, I volunteered to go up and give a talk.

First time in my life, here I am up in front of a group of about 60 people talking on frequencies and vibrations. And I got up there, and I was so surprised. I wasn't nervous.

I was looking at them. They were looking at me. And as I was talking, I had the second thing going on in the background.

Gee, this is easy. I never knew it was this easy. And that was my first experience in my lifetime of getting up in front of a group and talking.

That was probably 1953. I was 44. The super sensitivity drops away because your ego drops away.

If I heard someone coming out with an anti-Semitic remark or anti any other remark, I had compassion for them. I saw them hating. So I just had a feeling of more love for them because they needed it.

The only one they were hurting with their ego or their anti was they themselves. They can't hurt anyone else with it. That's the story.

When the most beautiful and very best dressed women of the world go shopping during the daytime, I looked at them, looking in the windows of those very expensive shops. And I looked at them, and I looked at the mannequin, and I looked at them again, and I looked at the mannequin again, and I did it a third time. I couldn't see any difference.

I said, holy mackerel. And that's what I thought was beautiful. They're just mannequins.

They're interested only in the skin, the outer skin of their body, dressing it, pampering it, spending untold sums of money on it. And the only real beauty is they themselves, not the outer skin. So what became beautiful to me was a person of high love, the soul of a person.

And I remember an incident where I was saying to two fellows of a girl I had known, gee, isn't she beautiful? I could tell by their looking at me that was something wrong. I said, well, isn't she?

And they shook their head no. And I looked again, and I says, oh, I see what you mean. And she was, in their eyes, or in physical eyes, a homely girl.

But she was high in her capacity to love. And basically, that's what is behind all beauty, love, can you see it? So my concepts of beauty did a flip-flop.

The ones that I thought were, oh, they're the most, they're the greatest, turned out to be like mannequins. And others whom I would have thought horribly homely turned out to be beautiful. I was so at home anywhere and everywhere that in Dr. Schaefer's classes where he taught, always the finest, everyone was so well-dressed and so neat and so proper that I had the nerve to come in with a beard and my hair not combed and dirty slacks on. Of course, everyone noticed it, but very properly, no one said a thing to me. But I sat there 100% at ease in spite of all them looking kind of dagger-eyed at me to prove to me that I had no reaction, no ego left. I always held the maxim in the back of my mind that I only know that which I can do, which is an excellent check upon oneself.

I only know that which I can do, and so I would do it, test it out. And if I did find any reactivity, I did find anything not up to perfection, I immediately went to work to correct it until it was the ultimate and that was achieved. I did everything to the extreme limit.

To be sure, I had nothing left on any particular thing. All happiness, no misery, the whole world serving me. What more do you want?

The trip to LA was for the purpose of proving what I had discovered and knew. And always with that maxim, I only know that which I can do, I believe I went step by step from smaller to bigger and bigger things. That's what I was really doing.

That was a big one, to walk out with any money and go to Los Angeles. And so I packed my bag, walked out of the apartment with absolute full confidence that I was on my way to Los Angeles. With no doubt that it would not happen.

And so it did. And it's not a test, it's a proving. Test implies doubt.

Cannot be any doubt. Any doubt would stop it from working. Oh yeah, I went out without money because I wanted to prove I could have anything I wanted without money.

Well, you don't need money to... When you demonstrate things, you never think of money. You never should think of money because instead of the thing, you'll end up with money.

But thinking you need money to do things is a doubt. Really higher consciousness determines for lower consciousness. That's why people serve me.

Yet it's true for everyone. Whenever we think, every molecule in the universe moves to fulfill that thought. And I knew I was going into that movie.

Most people think negatively and are creating that for themselves. Most people think with very much limitation and create that for themselves. But I was thinking, I was thinking, I was knowing I was going into that movie.

I was so absolutely convinced that it had to happen. But there's only one mind, there's only one intelligence and we are all in it. Anyone who has the absolute conviction of anything causes that thing to come about.

Anyone who has the absolute conviction that he can be a millionaire can be a millionaire. This requires no subconscious doubts to it because the unconscious doubting would get in the way. When you're up in tune with the universal mind in which everyone is in, your power of its use, your ability to use it is greater really than others.

And it affects them that way in your direction. You're swimming in a high sea of giddy, punched, drunk, in this in which everything is right and you love everyone. You could even go up and hug and kiss a tree.

And that goes over to other people and causes them to want to love you and do things for you. I saw that love was doing for the other one what the other one wanted. It was a giving without any expectation of receiving for it.

And here I was wanting something in return for my being nice. That was the reason why I was being nice. I wanted something.

So I went back to the incident, this incident, and I saw that I was really very annoyed by it and very uncomfortable. And then I just acted as though it were nothing. And when I saw this selfishness, I resolved, uh-uh, this I dump, this I let go of.

And I did. And I changed the feeling right there and then of wanting to do this just to get her my way to one of just feeling love for her. Each time I would see these incidents, I would recognize, now originally I thought it was really love.

I would first recognize that it wasn't love and I would let go of that and then feel love for the girl or person. Yes, you just turn on a feeling of love, which is a nice feeling. You like and approve of that person the way they are.

You accept them just as they are. This was good news to me because like in other things, I was able to carry it to the extreme. I could love people who were opposing me.

I struggled to keep the businesses going, but inwardly I had lost interest. And I struggled because I knew that was the right thing to do. You don't take a going business and walk away from it.

I went into it to make money, so I kept struggling. But at the time I was not aware that subconsciously I lost interest in it because subconsciously I was not getting what I wanted. I was seeking happiness.

And when I was terribly involved in building up the business, I was so busy. I didn't have to bear with my own inner thoughts that I could not stand. When the business became successful, there was time on my hands.

I wasn't plagued by the problems of it, like when I was building it up. Right, I would have resolved the problem somehow or other like I had been doing up until that point because it was always a struggle having started a business with no capital. You go from crisis to crisis all the time when you don't have capital.

And there was always a relief when those businesses collapsed. I remember there was always a relief. You see, at the time I wasn't aware of this happening.

It was only after realization that I became aware that I was the cause of it collapsing. At the time I thought they did it to me. I blamed the collapse of the hitching post on the war having started and business having dropped off for a period of time.

I blamed the loss of the lumber business on the big operators dropping the price of lumber. But there's ways out of that. And I didn't take them.

I wasn't really wanting to, but I wasn't aware of the fact at the time. Well, the only way I'd ever be convincing anybody is to experience it. That there's one overall intelligence that we all have a direct line to it, a pole right up to it.

And to the degree we step on the gas, do we use it? It's the thrill of death that they like. Thrill of death.

You know, people go into Samadhi at an awful point like that. They call it swoon in the Eastern Rhinings. It's a sudden tremendous fear.

It can make you feel very high. You leave your body. People like horror, that's the answer.

People like killing, don't they? Guys with guns love to kill. They get a thrill out of it.

I think the ranchers lose cows every year to the hunters. When anything would happen to me, I'd ask myself, what did I do to cause this? And the originating thought would come up in my mind.

Yeah, this is an incident of taking full responsibility. One morning about two o'clock in the morning with hardly no traffic on the west side drive in New York City, I was going along about 10 miles above the speed limit, which isn't bad at two o'clock in the morning and no cars around. And all of a sudden, from nowhere, there was a policeman behind me ordering me to drive off the ramp.

And I went off the ramp and he gave me a ticket for speeding. The next day, I was going in the opposite direction, uptown on East Drive in the midday. I decided to pass a car.

And as I was passing him, I went five miles an hour above the speed limit and got a ticket for it. And after the second ticket, I said, something's wrong here, what am I doing to cause this? And I was thrown back to just a few days prior when I was saying to myself, I should cut out this speeding habit I have.

I can't seem to do it. How can I do it? Well, some good tickets will do it for you.

But at the time, it was sort of like daydreaming and I wasn't aware of what I was doing. But when I asked, what did I do to cause this? That thinking came up, I looked at it and I dropped it and reversed it.

And the speeding tickets stopped. I had thought that what formerly I thought was so real and solid wasn't real and solid. It was a product of my mind.

And therefore my solid concrete foundation was cracking. And I knew I had to let go of it. And it's not easy to let go of something that I spent most of my life building up.

That caused me to shake. I could tell that the adhesion of my stomach and duodenum was undone, because formerly from the peristalsic movements of them that were not together, I used to feel as though my whole stomach were jumping up and down. And after this healing, I never experienced that again.

And therefore I knew that all the other things that I thought were corrected, were corrected, were healed. My heart was 100% okay, because after that I would exercise strenuously and nothing bothered me. I once walked out of the house feeling fully convinced that I need no money, that I am going to eat.

And as I walked along the street, I met a friend who said, hi Lester, started talking to me and invited me out for lunch. There was another time I went out without money knowing I was going to eat. And I saw a five hour bill on the ground and I picked it up and that paid for it.

The reason for my proving things should be that in order to ensure myself that I wasn't kidding myself, I held on to a maxim that I only know that which I can do. And therefore I proved everything by doing it. If everyone were in harmony, nature provides in super abundance when we get in tune with it.

There would never be such a thing as shortages. There's unlimited infinite energy available to us. Well, as a super abundance of everything we would want to use, that's when you're in tune with nature.

No effort is needed when you're in tune with nature. Efforts required when you're working against nature and you're not in tune with it. This world was put here for our use and play.

The idea of nature needing to be conquered is a very negative idea. What needs to be conquered is our negative ideas. And then only positive things happen.

We put it here for that purpose, for our use to grow and to have a pleasant time on. That's never meant to be a living hell. There's only one mind and if we're in tune with it, everyone fits together perfectly.

No one has to be told even what to do. When I saw that the mind was mine, that the body was mine, I began to question who am I who has this body and mind? And what I saw was that I was an unlimited beingness, that this beingness was the cause of everything and yet was not subject to whatever it caused or created.

And this beingness being unlimited, the only limitation was created by the mind limiting itself or by my limiting the action of my mind. That any thought could materialize it. In the letter I wrote last time, I made a statement that I would try to give you the key to maintaining a constant happiness so that you don't nose dive.

I was aware that several individuals were diving and not coming up, which I guess is one of the reasons why I didn't get here. You see, when you're down and you think, oh, things are terrible and you're frantic, I couldn't communicate with you very easily. Also, if I came here and you got this lift and got out of it, you would say that I did it, which develops a dependency relationship which isn't good.

You're infinite. You can do anything and everything you want. You can have, be, or do whatever you will or desire.

And when the disturbance lasts long enough, you get fed up with it and you let it go anyway. Then you do it, see, and it's much, much better when you do it and you don't need someone else to lean upon. But I kind of felt that what the group would like to know at that time was how to maintain this happiness.

Why don't we have it all the time? We should. And so I thought I'd try to give you the understanding or the key to the understanding.

That'll help you develop happiness that lasts. All right, now this is the key. When you understand or when you know what happiness is, then you're able to establish happiness more and more until it's all the time.

But the key is knowing what is this thing happiness. When you know what it is, you look for it where it is, rather than look for it where it isn't. Looking for happiness where it isn't is what gives you misery.

Looking for happiness where it isn't is what causes you to nosedive. The key is knowing what happiness is so that you can go directly for it. Not recognizing what happiness is makes it difficult to establish it permanently.

So when you get to see what this happiness really is, when you become miserable, you'll move in that direction. All right, what is happiness? Well, to most people, they call it pleasure.

And what it actually is, is escape from pain. What most people call happiness today is their getting away from their pain, escape, entertainment. They cannot stand being with themselves with their own thoughts.

They have to run to a movie, a nightclub, visit someone just to get some action going so that they are not alone with their own thoughts. When their mind is taken away from their own thoughts, they feel better and they call that happiness. All entertainment is actually that.

Although when you become free, you can enjoy entertainment far more than before, but you need none of it because you're happy. Now, the happiness I'm going to talk about is not the escape from misery kind of happiness. It's the joy that results from being your real self.

The more we are our real self, the more joyous we feel. Now, this joy is accomplished not by the thing or the person out there whom we associate with the joy, but it's accomplished by satisfying the desire for or the thoughts wanting to acquire this person or thing. We quiet those thoughts and the quieter the mind is, the more the self can

shine forth.

But this is something you've got to see in your own mind that the quieter you get your mind, the more joyous you are, the happier you are. It's good to play with this, experiment with it until you see it, that whatever that joy was, it always resulted in quieting of the mind and then you feel happy. Then you begin to let go of attaching that happiness to people and things.

You begin to see that the joy is only your very own self coming out more. But then when you see what this happiness is, you're not gonna look for it where it isn't. And you reach the place where you need no one and no thing to be happy.

You just are happy all the time. Is there any question on that? I guess intellectually, it's seen by everyone, whether you see it through your own mind's eye or not, you should have it at first intellectually, then experiment with it, test it out.

And you'll discover that this is so, that every time you feel happy, your mind is at ease. And that what you attributed to the person or thing outside of you, or something going on within you, the quieting of your mind, so that your real self could shine forth more. Then when you see this, you won't bog down anymore because the moment you become unhappy, you'll know just where to go to re-establish the happiness.

That would be within yourself, wouldn't it? Yes, but first recognizing that the happiness is not the person or the thing, but the quieting of the thoughts of desire for the person or thing, which allows you to just be more. When your mind is on things out there, you're not being, you're involved with externals.

But I say the key is seeing just that point, that your happiness is the quieting of your mind through the satisfying of desires, which stills thoughts for the thing. When you actually see that in your own mind, you can do it directly. You can let go of those thoughts without achieving the person or the thing, and immediately you're happy.

But the overall thing is that you move toward happiness where it really is, in you, not in the externals. And in that way, you establish a state of happiness that is continuous. But as far as that goes, I always feel as though I'm saying the same thing over and over and over again all the time, in this side, in that side, this side, it's always the same thing.

But until you see it in your own mind's eye, until you recognize it, it doesn't mean anything. Become everything and you need nothing. Desire is a source of all trouble.

If you are everything, you need nothing. That is the greatest of all feelings. That's the highest love when you become the other one.

That identity is love in its highest form. In other words, she didn't break the dish, we broke the dish. She didn't spend money on a dress, we spent the money.

And now you're gonna have to work this out in your mind. When you become everything, you need nothing. Create a lie when you say, I don't have.

And that starts trouble called unhappiness. You think you don't have because you think you are the body. But when you think that way, if you're lacking something, you identify with the body because you really don't lack a thing.

What do you have when you don't create? Everything. You have the all, everything.

Don't let a little bell push you around that way. I know what you're thinking. Again, I say each one has to realize this for himself or herself.

But when he or she does, then happiness can be made permanent because then you look for happiness where it is and you stop looking for it where it isn't. There is no happiness in people or things. Happiness is our basic nature.

Happiness is our very beingness. And when we are only being, we are infinitely happy. When we are only being and nothing else, we are infinitely happy.

The greater the attachment, the greater the unhappiness. The greater the aversion, the greater the unhappiness. It's a limitation to be attached to anything.

You can have things and not be attached to them and you'll be happy. Be attached to them and you are necessarily putting yourself through misery. It's knowing your infinite beingness that is eternal, it never changes.

And that this whole world cannot touch you. It's just a fiction, a dream. And you move through life with no attachments and no aversions.

Then no one and no thing can disturb you. And you have this infinite peace and joy that's constant. Now the only difference between a fully realized individual living in the world and one who is not is their attitude toward everything.

An unrealized person identifies with a single, limited body-mind. A realized person identifies with everything, every being, every atom. Your very nature is joy.

You don't get it out of everything that happens. Your basic nature is unlimited joy. This is your natural state.

As long as you don't hinge it onto a person or a thing, it's there all the time. But if you say you can't have joy unless I do something, you limit your joy. The natural state is unlimited joy.

This is the real natural state. The natural state is being infinite. And we superimpose over that thing all these ideas of limitation, of needs, attachments, aversions, which block out this infinite joy that is natural.

If a human being would do absolutely nothing, he would be this infinite being. But he gets active and he does things. The more he does, the more miserable he becomes.

Unless you know what you are. If you go through life like everyone else, you see things differently. It's eerie because you're not used to it.

When you get used to it, it's deary rather than eerie. You're basically loving your own ego. You did it.

You created that. You did that tremendous thing. And you want that to be a good example of you.

Now, if we love our children, we free them, we allow them to grow, to bloom like a flower does, to come out. We don't try to fence them in. We free them and guide them and love them unattached to them.

Knowing that they are infinite beings, they are just as much God as I am, is the way you should feel. Also, being God beings, they're going to go through life just the way they have set it out anyway. But you should strive to free them.

Feel non-attached. Now, this is a higher love than a love with attachment. Be loving them.

Never mind loving the spiritual. The more you love them, the more you will free them. So you think they're like a piece of meat.

They're flesh, like a piece of meat. Is that the way you see them? Well, I see the physical of them, but I also know that that is only an illusion, that there is a spiritual side to these children.

Much more than meat there, right?

[Speaker 2] (1:19:03 - 1:19:04)

Yes.

[Speaker 1] (1:19:04 - 1:19:07)

So it isn't the flesh that you like.

[Speaker 2] (1:19:09 - 1:19:10)

It is the spiritual.

[Speaker 1] (1:19:11 - 1:44:52)

Yeah, that's it. Grant them their beingness. And they'll ask you for the guidance if you

just free them.

But they resent being pushed around the same way you do, the same way you did when you were a child. They don't like to be ordered around, but they want to learn. They have a natural curiosity.

They'll ask you. And if you can start from the beginning by freeing them from the first day, it's the easiest thing to bring up a child. They'll follow you almost completely.

But when you start telling them from the first day what to do and what not to do, they behave like an adult does when he's told what to do and what not to do. He resents it. He opposes it.

Then oppositional patterns are set up, and by the time they're able to walk around, they've got this oppositional pattern well developed. That's what makes bringing up children so difficult sometimes. Are children oppositional parents?

Because of all our attachment, we're trying to steer them. And they push back. See, we were trained that way, and we train our children that way so that they will train their children that way, and it goes on and on.

See, the same thing could be accomplished without all that opposition if it starts right. And you let them make the decision. See, then they're working with you from the beginning.

They don't develop this oppositional habit. Sometimes in poor families, you can see, in a family of ten or twelve, that there's no opposition because this poor mother, that's all she had was love, real love, and the children all worked together and each one takes care of the other, and the family gets along very easily in spite of their large number. This is called surrender in another way.

When we let go and let God, we surrender our little ego and let God the self take over. You come down to establish communication, and then you try to lift up. And you notice that when a group, when a larger group is here, I go down much further, but I always come to the top.

Not as often, not as fast, but it's always moving to the top, the truth. Anything I say must be in duality because I, Lester, am saying something to someone. So the absolute truth can be taught only in the silence.

And that is a method of teaching. What I said before is part of it, that the part of me that wants to help you can be contacted anytime, anywhere, in the silence. There doesn't have to be conversation, letter writing, or anything like that.

Just call in the real me anytime and you'll see the way is being pointed out all the time.

That's the greatest thing that a teacher does. A teacher points out the way.

If we take the way, we get the answer. A teacher cannot do anything for us but point out the way, inspire us, lend a little lifting power. But we must take that lifting power, we must take the direction, we must see it for ourselves.

Enjoying the world is not important. It's the attitude while you're enjoying the world that is important. When you know your happiness is right from within you, it's your basic nature, that you are expressing it more because of the situation out there.

That's okay, that's all right. But when you think that your happiness is being given to you by the situation out there, that's wrong. That'll end up in unhappiness.

So enjoy the world but know where from the joy comes. The time the joy comes from stilling the mind, when the mind is quiet, the self is there and that is the experience we call happiness. Right?

But if we have the habit of chasing after something or arranging a situation out there in order to experience this happiness, that's okay if we recognize that the experience came from the quieting of the thoughts because we satisfy those thoughts and allow the self to be a bit more, then we are growing. And the more we do that, the more we'll attribute our happiness to anything out there. And eventually you'll see that your happiness all the time.

This was the key I had hoped to get across to you this time. Recognizing wherein the happiness falls upon us, that it is not in the thing, in the person out there, that it is in the quieting of the mind that allows our real self to be more obvious to us, that we get this feeling of happiness. Every feeling of happiness is feeling the Self, with a capital S.

The Self is the only happiness there is. Recognize that and you will always be happy. You will stop chasing after happiness where it isn't and you will remain as yourself and the happiness will be you.

You are that happiness that you are seeking. So it's silly to chase after it. It's like a dog chasing his tail.

We go in circles and spin and spin and spin. That's why I say it's all a big joke when we see the truth. We make such tremendous efforts to go after that which we are.

It's like the woman who is very distraught because she has lost her pearl necklace but at the time she has it on her neck and she goes looking and looking for it and she's very disturbed and she'll turn the house inside out, upside down, looking for it. Along comes a teacher and says, What's the matter? She says, I lost my pearl necklace.

He says, Look that way. She looks. He says, Oh, now I found it.

She'll say, I found it, just as though she found it anew. It was there all the time. The self is there all the time.

It's not that we find it, it's that we stop looking away from it. We cannot help but be the self every moment. That word I is the infinite self and when we say, I am a body-mind, we immediately limit that tremendously.

If we could just have the consciousness of I, I, I and only I, I, I, that is the infinity. The finite is, I am a body or I am something or someone, too. That I is nothing but I, I, I.

The finite is only a singular, singular oneness throughout. You see nothing but the self. You see nothing but God.

You, every being, the world is nothing but God. I like to make it practical. Instead of using the words God, truth, the word is I.

There's nothing so close as the word I, nothing so intimate as the word I and that's the infinite self. So in the olden days when they named God Jehovah, which means I am, they knew what they were talking about. Although even the word am is a come down from the word I.

Am implies beingness, which could imply the opposite, non-being. But I doesn't imply actually beingness or non-beingness. I has a very definite meaning to us.

You're aware of your beingness though. It feels good. You know you are, even though you're sleeping.

That feeling in the waking state is what one experiences when realized. There's no otherness in that sleep state, that deep sleep. Just a feeling of being.

And when you carry that into the waking state, you see no otherness. There's nothing out there but I. Then you have submerged the mind.

You have recognized that you are not the mind. It's the mind that makes all the separation, all the limitation. And the deep state of sleep, the dreamless sleep, is actually the state of the pure self.

But with an attitude, I know nothing. I'm aware of nothing. But we must establish that state in this so-called waking state.

We must awaken out of this waking state. This is really a sleep state. We have to wake up from this state and see the unlimitedness, to see the I that we really are.

Then the world doesn't disappear. It just looks entirely different to us. Instead of looking like a place of hell and damnation and limitation, it looks perfect.

And it really is when you see it aright. In this dream we started off as angels, you know, and we came down, as the Bible says. And this is about the lowest state possible unto any being.

Now we're on the way up and out, going back home, up and out of this limitation. I've been asked, why do we do a silly thing like that? And I usually answer by saying, well, when you're born healthy and you have perfect health all your life, you have no appreciation of good health.

But when you're very sick, severely ill, near death, and then you get help, although the help is enjoyed in both states, after having been sick, there's a very positive enjoying of being healthy. In the background you're aware of the goodness of the healthy state. So when we leave the abode of heaven, where we were perfectly happy in sort of a negative way, we come into this hell, go back to heaven, and then when we're happy, we're happy in a very positive way.

And that's why all the angels in our universe will come down to the state we are in before they return back to the very top state. It looks like many times to us, but it's only once, because we chop up our memory, it's many times. This has been just one episode.

The performance closes down every night and next night we start up again, each time being one lifetime. And when the curtain draws, you don't leave this plane, you stay here. You live out life the same way you would have had you not gotten your realization.

The body will go through the exact same motions. The only difference is you know who and what you are. You're in a perfect state of happiness, well-being, regardless of what happens to the body.

And then, when the body reaches the end of the line, instead of being rudely kicked out of your body, you just step right out of it and you say, ha-ha, thank God, through with that. You consciously walk out of your body. You let go of it.

And then you step into a realm that's unlimited. So when you get your realization, you don't change your life. You'll go through the exact same thing you would have had you not gotten a realization.

But the big difference is now you know your real being or your real beingness. You are not the body, therefore the body cannot touch you. And when it has finished its purpose, you just drop it consciously.

When one does that, if one wants to come back here, one can do it at will. When you walk away from your body, you can instantly rematerialize a body just like it or a hundred just like it or a body entirely different. Whatever you choose to do, you can do because you have mastered the body state.

Masters do that sometimes. I'll come back and speak to three, five different people in different localities at the same time. But the ones that are coming back to are close disciples who are able to accept their coming back and who can benefit from the help of their coming back.

Some people say to me, Gee, Lest, I read your book. It was so good, I started reading it. I read it right through from beginning to the end in one sitting, which to me means I got nothing out of it.

The best way to read the book is to take one sentence that strikes your fancy, go through them, you hit one and stay with it that night, that day, that week, that month until that knowledge becomes your knowledge. And you say, Oh, now I see. Then you're ready for another sentence.

Read along, something strikes your fancy and you stick with it because any one of hundreds of statements there can give full realization. It's the same thing being said in many different ways. All paths just play around with the subject until we ask that question, Who am I?

Until that time we're just being played with, sort of pampered on the path because the end is discovering who you are. That's the final question that everyone poses to himself. Well, who am I?

And wow, I am that I am is the answer. When that comes, it isn't necessarily the final state. You will see all the way on who you are and not be able to maintain it.

What happens is that being the infinite self we can get a glimpse of the infinity, hold it for a while and then suddenly we feel as though we've lost it. The reason for that is that the mind has not been annihilated. The subconscious thoughts of limitation are submerged at the moment.

You go completely into the self and you let go of the mind temporarily. You haven't eliminated the mind but you just momentarily let go of it. So there you are totally the infinite self.

However, the mind that has been submerged re-emerges and then the ego takes over and you just can't understand what happened to you, what hit you, what brought you back into this heaviness of the world again. So what is required is that we re-establish that state of the self again and again until it becomes permanent. Each time we do it, we scorch more of the mind until finally we have scorched the entire mind.

Then we're permanently established in the self. Then you sit back and the mind is out there and the body is out there and you are not the mind, you are not the body and as long as you know you're not the mind and the body, both of them can go on to their heart's content, is the way you feel. You give up limitation, you give up misery, but you

never give up anything worthwhile and you never give up anything good.

You give up only bad and take on more and more good. Your realized teacher, to your master, to whomever you really want. There's a statement, when the pupil is ready, the teacher appears.

Certain people want to see me and never get to see me because intuitively I know there is nothing that they will take from me in this direction. That woman who wanted to see me all the time, finally I said, okay, now I have time for you. What did she say to me?

Well, I'm tired now, maybe next time when you come back. See, what she wants is for me to say the magic word that will resolve her worldly problems. I can't do it, nor can anyone.

But the reason why I mentioned it, I think Lil was wondering why I was avoiding, but anyhow I wanted you to know why it was going on that way. I was completely ready to give her all the time she wanted and I told her the reason why I held back was because it was the last night and I wanted to be with the people. She said she understood.

Oh yeah, the principles are always coming out. The guidelines and guides are always being given out that anyone can use. And I'm saying the same thing all the time.

I know it sounds different to some people, but to me it's always the same thing. All I'm saying is, thou art that. You know what I discovered about, I had a coronary thrombosis.

And my doctor was the top specialist in the area. And he told me he had one too. And I said, oh my gosh, would I bring my car to a mechanic who can't fix his own car?

And I started prying him with questions. What is it? Well, it was a clot.

Your heart stopped. I said, oh it is? Can you see it with an x-ray?

Oh no, no, no, you can't see it. Well, how do you know it's there? Well, your heart stopped.

Oh, that's going right around in a circle. And I asked no more questions. I became aware that they don't know what a heart attack is.

They don't know what a coronary thrombosis is. Then, later on I became able to relive things. And you know what the whole thing was?

Gas on the stomach. I'll tell you just how it worked. Twice.

You can die from it, but you don't die from the gas on the stomach, though. You see, your stomach stretches and starts pressing here. And it gets extremely painful.

It's excruciatingly painful. I couldn't breathe. I was going, shorter, and the ambulance

would take me away.

But when you say, oh, it's my heart, then you do this to the muscles of your heart. And if you keep it that way, you're finished. If you go unconscious and you just need to relax, you come back to...

That's all a coronary thrombosis is. It's not a clot. Back in 1952, they told you not to move.

No action. They still tell you that?

[Speaker 2] (1:44:52 - 1:44:53)

Now they tell you to move.

[Speaker 1] (1:44:54 - 1:45:00)

This is the point I want to bring out about the doctors. You know, one time if you move, you'll drop dead. Next time, you've got to move.

[Speaker 2] (1:45:01 - 1:45:02)

They're trying to kill you.

[Speaker 1] (1:45:06 - 1:58:12)

It's the fear that causes you, oh, my heart, and you contract the muscles, you constrict, then you actually stop it from beating. You see, we are pumping our heart, working our lungs, unconsciously, and the fear just takes it all away and you stop it. Now, there isn't a person in this room who doesn't put tensions, extreme tensions, on different parts of his body.

I do it, too. I do it mostly in my head. I have to use glasses because of that.

I'm a little farsighted. Sometimes my hair goes completely gray because of it. Sometimes it's darker.

I don't use any dye, Ken. And sometimes in one day's time, my hair will change color because I put the tensions up here. It's the old habit.

Before I had my understanding, I ground my teeth all the time. I don't do that now. But some of the old stresses and strains still remain in me.

But all of us are doing this, more or less. And when we overdo it, we'll throw it to a heart or another organ, we stop it from operating, and we fall over. Someday you'll look around and you'll just see yourself everywhere you look.

And you'll have a feeling you are me, without a question. Without a doubt, you are me. That word I is the exact same I, no matter who uses it.

As soon as we all see I, I, I, a little more often. When you get to the top state, you have a consciousness. There's a constant I, I, I goes on in the top state.

That's all you see, hear, feel. Don't think, no. Just I, I, I, I.

Which is your beingness. And it's beingness that never changes. Beingness always is.

The becoming is an apparency. You are. I am, but I am.

It's an amness. It's the apparent becoming, yes. But you are, so how can you become?

It's only an apparency that you are becoming. So therefore it seems as though you're becoming, but that's a seemingness. That's not the truth.

The truth is you are, here and now. But you've got this silly, limited concept that you're only here. That you're only that body, and only through that body can you be somewhere.

That's not true. You would see the truth, you'd see everything going on at home, right now, as you're talking with me. But these are things that we cannot talk ourselves into.

These are things we have to realize on our own. We have to see it through our own mind's eye, so to speak. Otherwise it's just words.

Someone who doesn't think he's omnipresent says, that's ridiculous, I'm right here. So until we realize this, it has no meaning, really, for us. But I say try to realize it, and boy what meaning it'll take on when you find out you are, always have been, always will be, omnipresent.

It's a good chance, it's a good opportunity to grow when people are saying things about you, opposing you. It gives you a chance to practice the real love. It gives you a chance to practice the real peace.

Because they're making sounds with their mouth, there's no reason why you should feel bad about it. Opposition is a very healthy thing, it provokes growth. So love is a thing that the world sings about, writes about, has moving pictures about, and knows very little about.

Love is portrayed in the movies as always a male and a female, winning each other. The real love is winning the universe, not just one person, but every individual in the universe. In the practical end of it, I left out square all with love.

This is an excellent gimmick. During the day, if we try to fit everything into love,

whatever we're doing, it will make for rapid and tremendous progress. Square all with love.

Am I doing this with love? No matter what it is. Try to do it with love.

Both of those are excellent for daily growth. Take full responsibility for whatever happens to you. No matter what it is, say, what did I do to cause this?

You'll develop the habit of bringing up the cause for what's happening to you. You'll prove to yourself that you are the master, that you caused everything. And since you are the master, you can uncause or cause what you would like to have caused.

But taking full responsibility and squaring all with love are two excellent means of growth that can be used every day in our relationships with people. What will help you is for you to do it, take those steps. There is a shortcut.

Knowing who you are, how long does it take an omnipotent, omniscient being to know that he is omnipotent and omniscient? He's got all power, all knowledge. How long is it going to take him to realize that he has it, that he's got it?

It could be done in a second. Sex has given us the greatest of joys because we have created a greater desire for that than anything else. And when that desire is satisfied, we still a tremendous amount of unconscious desire for it, plus the conscious.

And all the stilling of these thoughts allows us to be our real self. And that's what the happiness is. And then we attribute it to sex.

It's actually the stilling of the thoughts of desire for sex that makes us happy. See, first we create a need for it, which is terribly disturbing. And when those thoughts are satisfied, the thoughts are away and we are happy.

Now, there's different kinds of joy. There's all degrees of joy. Now, there is a joy that you're speaking of, but that's not the top joy.

Found peace, undisturbed by desire. It's the most delicious thing there is, but you can't describe it. Peace is the word that comes closest to it.

You see, because these states are not ordinarily experienced, there are no words for them. First, it's feelingness. It is feelingness.

And then, when it goes on, it turns to beingness. When you first get interested in this path, everything is thought, thoughts, all mind-thinking. Then thoughts take on a certain feeling.

It's like a thought and a feeling at the same time. It's a thought-feelingness. And as you move, you get into the realm of feelingness.

And then the step above that is the realm of beingness. So it depends on where you are, as to whether it's feelingness or beingness. It concentrates the mind because of the intense desire for it.

If food were that way, you'd get the same reaction from food. That we might call a sexual experience without any physical stimulation. True.

There are experiences much higher than the sexual ones. Well, I'm seeking those experiences. But to understand those experiences better, on the way up, this other thing occurred to me.

The first thing to do on the way up is to recognize what this joy actually is. You stop thinking. There's less thinking with or after sex than any other time.

Well, you could start thinking about tomorrow. You will, tomorrow. Because you attributed all that joy to the sex.

So tomorrow you say, Oh, I want that experience again, and it is sex, therefore I must have sex. There's a way to look upon, if you see what's actually happening in sex, it'll be even more joyous, and you'll lose your attachment to it. Recognize what the joy really is.

And the more you recognize what that joy is, the less attachment you have to it. Now, it's okay in the world to partake of joys if there's no attachment or no aversion to them. Then they're not binding anymore.

They're not limiting anymore. But as long as you're attached to it or have an aversion to it, it's a limiting thing. It's a binding thing.

Actually, everyone in his every act is seeking his real self. We will never, ever be satisfied until we reach that state of knowing ourself completely. Of being totally free.

The slightest limitation will cause an unhappiness. And unhappiness is relative. The highest of beings in this universe, who are just one step from full realization, will feel sharp pain at that small limitation left.

But it's all relative. If he tried to experience our pain, he just couldn't. He'd collapse because of the relative state that he's in.

Now, it's not easy. It's simple. As you said, it's simple, but it's not easy because of habit.

Because of the others denying what you're trying to do. The others, the others oppose you. They try to make it so real.

You have to know the unreality of it all. You have to know the real reality and hold to it in spite of what everyone around you is trying to convince you of. This is the necessity of keeping holy company.

Once a week you're re-reminded of the right direction. It'd be nice if you could meet every night, every morning, so when you go out into the world, you're fortified.

[Speaker 2] (1:58:13 - 1:58:13)

No.

[Speaker 1] (1:58:18 - 3:07:42)

Meditation before going to sleep and just after awakening is the best time. Before going to sleep causes it to go on all night long. Unawakening fortifies you for the day ahead.

In this way, you're best maintaining the most continuous consciousness of it by hitting it morning and night. Just as once we hear, eliminate all negative words from our language. If anyone catches another one using a word, the other one gets fined a nickel or something like that.

But I don't think we're to that point where we can do that. But it would be a tremendous thing. That's one of my fond dreams that someday we'll have a society here that does just that.

Has only positive thoughts. That each one will bring up the other one if he comes out with a negative thought. So that the habit becomes positive thinking only.

And the next step is no thinking. Working purely intuitively all the time. The part of me that wants to help you always wants to help you and is always operating and is the part of me that's not limited.

The unlimited part of me wants to help you recognize your unlimitedness. It knows no distance. Therefore, anytime you call upon me and know that this is so, the help is right there.

The answers will be given just as well if not better than they're being given to you right here now. Now in truth, there is no such thing as time. Time is a variable.

Truth is that which never changes. Perfection is always perfect. It doesn't change.

Anything that changes is imperfect, is unreal. Time is nothing but a mental concept. You have a dream at night and you cover maybe 80 years.

And while you're in that dream, it was an 80-year period. How much time was it to you after you awakened? That 80 years becomes maybe minutes.

I'm just trying to bring out how time is nothing but a mental concept. In the dream it was 80 years. You awaken and say, gee, it was just minutes.

You awaken out of this dream, you'll see it was no time. It was always there. Everything

that was or will be is here now.

Time is like taking a movie reel and looking at one frame at a time and saying the frame before it is yesterday and the frame after it is tomorrow. It's all there. You can look at it all now.

But in time we choose to look at one frame and then say the one on this side is the past and the one on that side is the future. If you look at the whole reel, you can see your entire life from beginning to end. But mentally you choose to do it the way you're doing.

Time is only a mental concept. But in order to accept this, you've got to see it yourself. You've got to perceive it.

You've got to realize it. Thinking on it deeply, you'll get the realization someday, wow, it's just a mental concept. Eternality is now.

It's an ever-present now. There's no past, no future. It's all here now.

There's only a nowness in truth. As I said, you'll have to perceive this yourself. There's only one thing that holds us in this physical material world.

And that thing is a desire for it. As long as there's one desire in us for something in this physical world, we'll come back into this physical world to try to fulfill it. Desire creates.

You can desire by holding on to something or by desiring not to have it, pushing it away. And that's fear. Fear is a desire not to have something happen.

Fulfilling a desire is not ridding yourself of a desire, number one. The more we try to satisfy a desire, the more of a desire we have for it. This is easily seen in sex, which we desire so much.

If we were ever satisfied, we would have no more. It's impossible to satisfy the desire. Trying to satisfy desires just increases that desire.

So nothing is really satisfied by fulfilling a desire. The thing to do is to let go of the desire for things, people, if you do not want to come back to this physical earth. When you attain the desirelessness state, you won't come back here anymore.

If you're really desireless in total, you're right back in the infinite stream. Because what is desire? Desire is creating a lack of something and then saying, I need it.

I desire it, I want it. Do you ever desire to have what you think is Bob? Never occurs to you the desire to have an arm, your nose.

Why? Because you know you've got it. If you are the all, there's no desire for anything because you are everything.

So any desire is an artificial assumption of lack. It's an apparency, all this form. It's not real.

It won't last. Everything you see will disappear. It's not true.

Truth is that which never changes. Anything that changes is not true. All this form is not true.

Infinity is formless. And that's your real nature. So you see what I'm trying to do?

I'm trying to provoke you into thinking what the heck does Lester mean when he says, I am formless. If you look in that direction, someday you'll see it, that you are formless. The real you has no form.

But all this thing you call form is a delusion created by you. I'm trying to shake you loose of this form which is so important to you. Any form is finite and is unreal and disappears.

So this whole business of form is a delusion. So I'm suggesting this, Bob. Let go of this being all things.

Contemplate unlimitedness, infinity. And when you see that, then you'll see the unreality of the limited. It's the snake you're looking at.

As long as you see the snake, you'll never perceive the rope. If you want to know what infinity is, you're going to have to perceive it in you. And it is your real nature that never changes.

You are infinite now. You always have been infinite. You always will be infinite.

Anything else is a lie, a delusion. To see the delusion, you have to see the truth. As long as you are trying to see the delusion is real, you're in trouble.

Things are so real to you, forms, are so real to you, you're afraid you'll lose it. So the moment you see it, you immediately dive back for fear you're going to lose all these things. But you give up these things for infinity.

Therefore, you gain. You don't lose when you do it. On this path, there's nothing but gain.

You're giving up lesser or greater all the time. If you're infinite, you can materialize gold. If you're infinite, you can materialize a universe full of real estate.

Why be a miser and own a few pieces on one planet? Materialize a whole universe of it. This is what you could take on if you'd go toward your infinity.

The mind covers the infinite self. Every thought is a limitation. Even a thought, I am infinite, is a limitation.

You would never think that if you knew you were. Like you don't keep saying, I am art, I am art. You know you are, so it never occurs to you to say I am art to yourself.

So when you're infinite, it would never occur to you to say I am infinite. But art, you're going to have to do it yourself. You can just point the way, make statements, and you're going to have to prove them if you want to see them.

What is full realization? It's first identifying with every being in the universe and then with every atom in the universe. Does that make sense?

You actually see everyone as you. You see everything as you. Does this make any sense?

Intellectually, yes. But until you do it, it has no real meaning to it. Until you actually see this through your own mind, this whole universe is nothing but you.

It's an intellectual knowledge until then. When you see it, it becomes a real knowledge. So my suggestion is keep working until you see it.

In the meantime, approach it with every aid possible. If people wanted this truth as much as they want this world, they'd get it in short order. The thing to do is to start letting go of this finite life which can never satiate.

There'll always be a certain amount of unhappiness in it. And the more you let go of it, the happier you'll become. So let go of this world and dive within to pull out the understanding of who and what you are.

And keep diving until you pull up all the pearls. Just be what you are. It's so simple.

And stop trying to be what you're not. That's where all the effort comes in in trying to be what you're not. Naturally, that would take effort.

But to be what you are takes no effort. We've been caught up in the game. We believe this game is real.

It was originally a game of pretending that we're limited. And we got caught up in that game and forgot it was a game and we're taking it as real. And that's why there's trouble and difficulty.

Well, this direction is the only thing that puts us in the right direction. Any other direction is the wrong direction but this direction. This direction gives meaning, purpose to being here.

Without this direction, people don't know why they're here. They go through a whole lifetime never once finding out why they're here, where they came from, where they're going. It's such a frustrating, fruitless path they're on until they become aware of the

reason why we're here.

Of where can we go and get on that path to go to the place where subconsciously everyone wants to go to? Back home to infinity. To being unlimited.

Everything we do is trying to do away with limitation. Everyone wants to be completely free. Go faster and faster until it's instantaneous.

Have more and more until everything is had. It's all in the direction of liberation. That's another word for realization, is liberation.

So without this path, there's very little meaning to life, isn't there? It's just blindly bumping, bumping all the time until you get on this path and then a new sun dawns and yet everyone is seeking what we are seeking unconsciously. They call it happiness.

When we just be our real nature, that is what is called happiness. Anytime you feel joyous, you're feeling your real self, which you have previously cut off for some silly reason and through some devious means re-established momentarily. This sort of robs you of all entertainment.

You need none when you discover this. You don't need the movie, the game of golf to be what you are. You just do it directly.

Putting it another way, you don't set up any limitation that you have to undo to be your unlimited self again. So all joy is feeling your real self more or less. Happiness with a capital H is another word for God.

I wanted to talk about mastership consciousness, relationship. I'll go on the subject of mastership. On the way up we should adopt an attitude of mastership.

I am fully capable of doing anything and everything I want to. I got all the power in the universe behind me. I can lick any problem there is.

There's nothing impossible. All I need to do is to keep it in my consciousness as though it is mine now and it comes. We should develop a confidence in these concepts.

These concepts are contrary to the usual concepts I cannot, I don't have, I am limited. So we should develop a way of mastership over life. That I believe most of us have been doing.

Create an attitude of abundance. Not necessarily abundance because most people who have abundance don't have a feeling of abundance. The reason why the people who have money keep driving for more and more is they feel that they don't have the abundance.

If they felt they had the abundance they'd stop driving for more. So a person with

nothing in a way of physical things can have an attitude of complete abundance. And a millionaire can have just the opposite attitude.

Now the happiness, the happiness comes from the attitude not from what you have. I know I always feel that I have everything. The universe is mine.

But if I look and see what I have I don't think others would agree with me. But boy the feeling is there. Everything is mine.

And when you have that attitude that everything is mine it's just as though everything is yours. So in mastership we should adopt the attitude that we have everything. We have all the know-how, all the intelligence, all the power to get anything we want and that we are perfect.

It sometimes annoys people when you have confidence I know I try to tone down. If I ever express the confidence I feel I think I'd have no friends anywhere. When you feel this tremendous power, omnipotence, omniscience and so forth and you start expressing it, wow, so you have to put the brakes on at least in the way you're presenting it to the world.

I really don't see the picture of myself but I always feel as though I'm holding the reins tightly on all the power and abundance that is mine. It's a challenge to every ego when someone comes out eye, eye, eye and puts their chest out because all the egos want to be the big shot. So you have to be a little shot to make the egos feel like a big shot.

I still find people very much annoyed with my confidence. Whether I know something or not I talk as though I know everything in the universe about it. It's just my way and sometimes I'm talking to someone about their subject which I don't know as well as they do.

But I think it's better to have that attitude than to have the contrary attitude that I cannot, I don't know and so forth. So this mastership in life is a good thing to practice and develop. As the wisdom comes, as the understanding comes, the powers come automatically.

When you get the mind quiet enough you'll see how omnipotent, omniscient and omnipresent you are. And to the degree that the mind is quieted, to that degree you see your powers and so forth. Then you'll be in a situation where you'll be afraid to think because your thoughts will materialize the same day if not instantly.

So it's a two-way thing. The understanding shows you the power that is yours and practicing mastership will also do the same thing from the opposite side. By doing it you discover that you have these powers.

I never spoke on powers so much, did I? The idea that powers are God is an unhealthy

idea. I think because of that I held back on saying the things I'm saying now that we should know our power but we should know it with understanding otherwise we will misuse it and abusing it we will get abuse.

Mastership should also be living as a master lives. Emulate Jesus. Be exactly as he was or at least try to be as much as possible.

The more we try the more we become like him. The more we become like him the more we try. It always works two ways.

So our way of life should be that way in which a master would live or that way in which masters actually live. Now with this tremendous feeling of power there's also a humility although sometimes the desire to express this power comes just before the stage of humility but as the power comes more and more we become more and more humble. It's an automatic thing.

It's a natural thing that they go together. I'd like to reemphasize that it's the attitude of mastership that counts. Not the having of power not the having of wealth but the attitude that I have wealth I have power.

That's what we should have. That is the truth with a capital T. We are all power all knowledge.

Now the third point was relationship. I wanted to talk about my relationship to you. This is duality I couldn't talk about this before.

In my relationship to you I see oneness. You are me. Therefore I will do everything within my power to help you to see the One with a capital O.

What determines my coming out here is how much you really want this and how much good I can do you at the time. But so long as you want this teaching and so long as you will keep absorbing it I will stay with you all the way. I get my teachings from the masters who are on the unseen side and through me you get it.

But it is a chain that goes on until everyone is pulled in. It starts up there in heaven and we all get pulled up there back home again. I could have been here just after Christmas but I didn't come until the end of January because as I've said to some of you I don't remember what I said to the group there were too many people wanting, feeling that they needed me to do what they can do on their own.

And because I didn't come they had to discover that they can resolve their own problems which was far better teaching than if I had come here and they would have felt good and said he did it. By the time I came most of the ones who had problems had them resolved. So this thing goes on in a guided way and as I said it will go on until the end or the beginning until the infinity is reached.

Now some of you know that help is available all the time whether this body is talking to you or not. The thing right behind this body can help you anytime, anywhere. The exact same way you'll get help from a master like Jesus anytime, anywhere.

You call on him he's ready, willing and able to help you. Now the part of me that helps you long distance is the self which is the self of everyone the self with a capital S which is sometimes called God. When you recognize this when you try it out and discover that it works you can use it anytime.

You don't have to have me here and if you use it sometimes I'm conscious of it and sometimes I'm not. Depends on what I'm doing. When I say I am conscious Lester is conscious.

There's nothing but this. Again if I were going to talk only truth I would come here I would sit down say not a word the entire time and walk out without even saying goodbye. I wouldn't say hello I wouldn't say a word I wouldn't say goodbye and I'd walk out.

I'd be sticking to truth the absolute truth. So what I do is to come into the duality to establish communication. Once I establish communication then I try to zip up again.

So I'm constantly going up and down, up and down. I come down to make contact take it by the hand and then up. So you'll always have that duality of language going on from lower back up.

But to tell you the truth I don't see any problems I see everything perfect. If I were to see your problems I wouldn't be able to help you I'd be recognizing them I would be giving them actuality. I know it appears to you that you have problems but it's only an appearance and an appearance isn't.

It's a mirage an illusion. Right, if you know your piece there is no problem. There's a flimsy something going out there but what has it to do with us?

We are by nature all peace. And when we adopt that attitude that's exactly what happens out there. You know a good example of that is we are all traveling in a railroad car called God.

He's pulling the whole works God is all. So we sit on the chairs and we take our bag and baggage we pile it up on our shoulders. And we say oh what a weighty load I've got on me.

All we have to do is to put the baggage on the floor and let the railroad car take it. But we pile it up and say oh I have problems. Let's throw them off on a car and they're gone.

We're all on the railroad car of God. To put our baggage on our shoulders or on our head

is silly. Give your problems to God let go and let God carry them.

This is called surrender in another way. When we let go and let God we surrender our little ego and let God itself take over. You come down to establish communication and then you try to lift up.

And you notice that when a group when a larger group is here I go down much further but I always come to the top. Not as often, not as fast but always moving to the top. We're moving toward a goal that is unlimited.

We must become infinite. We have been moving in ups and downs. Our lives have become much happier.

Yet there is a distance to go. Today as a group I would say that you have mastered the principles as applied to life. You have learned how to let go of a certain amount of limitation.

You have learned to accept the positive. You have learned to accept the power of thought. You have learned that you are the creator in your life.

And of course the thing that goes along with that is increasing your capacity to love. But that comes automatically as our understanding grows. As we expand our consciousness our love automatically increases.

As we have noticed these things that we have gained are not all satisfying. That even though our life has become happier it still isn't full, complete. The path we're on is from here on until we make the goal.

That's the first point I'd like to make. We're on this path until we are infinite. Second, we can do this this lifetime.

Now generally it takes many, many, many lifetimes for the great, great majority of people to make it. However, we can do it this time for two reasons. First, we are an unusual group.

Second, we have the right direction to make it this lifetime. So that if we ever come back in the future it's by choice. It's not by necessity.

Usually those of us who want to help others to that point will come back just to help others. But that's a matter of individual choice what we do. The main thing is to achieve that state.

Now becoming master over life is really a basic and necessary step. Through which we learn that we are not the victims in life but we are the masters. After we master the ways and means of making our environment the way we want it then we look beyond.

No matter how happy we make our life if it's involved in livingness itself it'll never satisfy us because our real state is that of being infinite. And being happy in life and living has limitations. I've sort of brought us up to date.

Now I'll go into what I think should be our direction in the future. We have to become more universal. We should let go of our own livingness to the point where we can live outwardly more for others.

If we are universal beings we must be universal beings. Every human being is me is the way we should feel. You are me is the attitude we should have toward all people.

Now I use the word attitude. We can't help the world by giving them things. There's just too much needed.

But we can give them that which is much more than things. We can begin giving them the knowledge that we are getting. And our attitude should be one of wanting to help everyone who wants help and never helping those who don't want it.

That's imposing upon them. We should try to help just those who cross our path. We don't have to extend ourselves into directions because people will just fall into our lies.

They'll ask us questions. And as we give them the answers we find that certain people will feel that you are giving them the right answers, that you are helping them and they'll ask more. And it's really an obligation to answer questions of people who come to you sincerely seeking the right direction.

As we begin to live outward and think less of our little self and more of the other one we are helping no one but ourself. The world sees it differently. They would probably interpret it as we helping the other one.

But there's no other one to help but ourself. And actually we get the greatest benefit. By helping others we help ourself toward reaching the goal.

And we'll never make it unless we have this feeling of compassion, of oneness with everyone with a wish that they too know what we know. So to repeat, we have gotten to the point where we have learned how to control life and make it happier. Now we should try to make it happier for others who want it.

This does not mean stopping our own growth. That we never stop. We keep working for our own further growth.

But at the same time we help others. We should feel that we would like to give away everything we have. This is the way you'll feel later on.

You'll just want to give away everything. You'll have to control yourself. The point I tried to make was that the world is in such a state of havingness.

They think all they need is things. And if we try to provide that, we're not helping them. We're confirming that things are what they need.

It's not things, it's understanding. Because you're living in a world of separation, there is you and people and deals. You begin to live for others, that begins to diminish.

Every living soul wants peace. They're all seeking it, happiness, peace. Therefore, if you would expect it, it would come to you.

It's only understood when you love. Compassion is understanding what the other one is going through. Compassion is understanding what the other one is experiencing.

But the emotional part sort of comes automatically if you live to see the other one's happy. Practicing that way of life would bring tremendous amounts of happiness. The basic point I tried to get across was what to do now.

That life has become happier. And the next step is to live more outwardly if you can. Live for others.

Live more for others. This is another way of saying, see God in everyone. See them as perfect.

Then you help them most. Feel that everyone is you. And God is that which I am.

The individual is an illusion, it's an appearance. There's nothing to do in perfection. You see, you present the picture of perfection.

If there's perfection in your consciousness, you don't need to be here. You shouldn't listen to me. See them as God, as you.

Individuals are fiction of our imagination. There's nothing but God as being limited beings. You are that body.

You are this body and every other body in the universe. No, we are all the same one. The basic, absolute truth is one.

There is nothing but an absolute, perfect oneness. That is I. So our methods are a little different depending on our nature.

Some people like the intellect, others just through their feelings, through their heart. Don't see it. But getting together in itself is a tremendous help.

Why do you get together? To go in this direction. All during the week, you're meeting with people who are not interested in this direction.

Every time you get up against one who is not, he's trying to steer you away from it. He's trying to convince you of lie. You're interested in truth.

You get together, you move in a direction of truth. You move out into the world, they're pulling you toward the lie. Toward the limitation.

So the fact that you're getting together as a group, just that in itself is a tremendous help. Mastership, relationship. We're all moving in that direction.

The very greatest of the sages are still here. Some in body, some not in body. Leading us on whether we're aware of it or not.

And all we need to do is to open ourselves to their help. Which is the most powerful help there is. And we'll get full realization this lifetime.

I try to follow them. If you follow me, you're following them. I take my guidance from them through me to you.

So we're all moving in that direction. But this group is moving much, much, much faster than the great majority of people are. Imperturbability is an indication of how far we have gotten.

Can I be disturbed? Can I be annoyed? If I can, I must eliminate that.

We should get to the place where no one and no thing can annoy us. But effortlessness does show how far we have gone on this path. But I think a better indicator is peace.

How peaceful am I? The greater your peace, the further you've gotten. So, to answer your questions, you want to know who we are.

We are drunkards hypnotized by the alcohol of maya, the world. Not knowing our identity. And like a drunkard, we're going around asking people like Lester, who am I?

And he looks at you and he says, you are you. And you say, yeah, but who am I? And I say, you are you.

And then you say, but who am I? And I say, you are you. And then you ask me, who am I?

And I say, you are you. And this goes on and on, year in and year out. How long should it take a drunken man to know who he is?

You just refuse to stop drinking the apparency, the illusion in. All right, the answer is simple, by stopping it. When you keep drinking and you ask me, how do I stop drinking this as you drink it?

Simple, just drop all that nonsense. Instead of assuming it to be true, just drop it. You know enough to know that that's nonsense, don't you?

Are you genes, are you a product of genes? Right, not enough though, because if you

accept that you are infinite beings, and if you don't express that, what are you doing? Are you answering your question?

No. You're saying, Lester, what you're saying is wrong. We are, we insist upon being, extremely limited.

And the proof of it is, how unlimited are you, right now? Okay, how can you stop it? Never mind the mind, see, you've thrown away responsibility.

What about you? Let the mind take care of itself. All right, since it's not you, what good is it to you?

You be the doer. See, this is evasion. And you say, well, the mind does this.

No, you don't think it is. You're so solidly convinced. You tell me every time I come here that I'm wrong and that the illusion is right.

You tell me that in almost every sentence you come out with. There isn't a sentence that you've said to me, any one of you tonight, that doesn't assume the illusion to be real. I'm trying to shock you, too, because you can go on forever and ever and ever the way you're doing it.

Because for an infinite, omniscient, omnipotent being, to recognize what he is should take less than a second. And here you go on and on and on, asking, you know, who am I, what am I? And every sentence you come out with assumes this illusion, this apparency to be real.

You must confront it. You must realize this. That the only reason why we are limited bodies and minds is because we want it.

We've been told otherwise. We believe otherwise. We don't know it.

But we far more strongly believe we are limited bodies and minds and we're holding on to them. Full realization should be in a second. You're not getting it because you're holding on to being a limited body.

And as I've said to some of you here, the test of it is easy. But you must confront this fact. That you're 99% convinced that you're a body.

And that most of the time what you're asking me for is how to make this body a nicer body. How to make this body free from pain. Or this mind free from anguish.

Isn't that so? What you're asking is how to make the mind free from anguish and the body free from pain. Who's struggling to get the truth?

I'd like to meet the one. What do you do when you struggle for it? Fighting is accepting

the illusion.

You really have to stop fighting. You have to stop doing. And you've got to just be what you are.

If you accept that the I of me is infinite, that's all you have to do is to be the I that I am. And just don't go through the effort of being a body-mind. Can you see that fighting it won't get you there?

You're accepting your mind, you're accepting your body as being real and you're fighting it. If you want to know what a realized man does, you must be realized. Because a realized man doesn't do anything.

He only is, period. The absolute truth is one infinite beingness that we are. It's formless.

It has no attribute. What shape does beingness have? What form does existence have?

It doesn't have any. But instead of being this beingness that each one is in full contact with all the time, there is never a moment that you are not in direct, intimate touch with this infinite being that you are. It's the I of you.

But you're 100% interested in other than that. Interested in being a body, a mind, and so forth. It's really that simple.

But the thing that makes it look difficult is that you won't look. If you don't look what you are and say, I can't see it, it's difficult. It really isn't difficult, it's impossible because you won't look.

Can you see what I'm pointing out to you? You refuse to look. And keep talking about the thing you are not.

The body, the mind. So what can you do about it? You can pose the question, what am I?

And sit down and not get up until the answer is obvious. Any answer the mind gives has to be wrong. But as we sit and look, and keep our mind's eye pointed in the direction of what am I, the longer we look that way, the less we look the other way toward the body-mind, and the sooner we'll see it.

All methods, all ologies are playing around until you do this. All religions, all philosophies, with them we give ourselves a good time thinking we're going to reach the ultimate. But they do not get us there.

There's only one thing that gets us there, and that is letting go of the illusion. Letting go of the body-mind. And sitting down and letting go of it until this infinite being that you are is self-obvious.

It is really that simple, and there isn't anyone who couldn't do it in a matter of seconds, if and when he or she so decide. When you are really fed up with the assumption that you are a body-mind, then you'll do it. And when you're to a degree in that direction, seeking yourself becomes the one predominant thing in your life.

It's more important than anything else in your life. Now if seeking yourself were more important to you than anything else, you would quickly get it. But the important things are our jobs, our families, our problems.

And we hold on to them and beautifully sustain them. So, why don't we do that which will give us the full realization of what we are? Why don't we just sit down, pose the question, what am I, and stay there until we get the answer?

We will spend lifetime in, lifetime out, pretending to want the ultimate truth. We will spend thousands and thousands of dollars on ologies, undoing relatively small amounts of the delusion. But we don't go directly to the source of the I.

Look at it, see it, hold it. I'm trying to point out to you how far away most of us are from being really directed toward the infinite being that we are. You always were infinite, you are infinite now, you always will be infinite.

What responsibilities does an infinite being have? Or shall we talk about the illusion? You can do that forever and ever and ever and a year more.

But what's that got to do with truth? There is no karma. That's the illusion, isn't it?

I've got you now.

[Speaker 2] (3:07:45 - 3:07:50)

Want to ask something?

[Speaker 1] (3:07:55 - 3:23:21)

I'm telling you to stop wasting time. Stop asking questions. Except one, what am I?

And never stop until you have the full answer. Now you're not going to disappear. This precious body will run its course that you preset before you were born.

And the only difference is that you'll be free. You'll know that you're not the body. You can choose to run it.

You can choose to put a thought into the mind to run the body. But you'll never forget what you are. I'm throwing this out so you won't fear disappearing.

You don't disappear. You just become totally free. You can have anything you want just for the thought of it.

You can have a perfect body or you can have a totally sick body. And it's all the same to you. When you know you are not that body.

A good world and a bad world looks alike. And if you really want to take a look at the world, there's nothing good about it. It's a concept of limitation.

The very best world you could conceive of would be a concept of limitation on you. But you can have your cake and eat it. You can be there and have a body here.

And I tell you that because this idea of infinity scares many people into thinking they're going to lose their bodies. You never lose anything, you just gain more and more until you have your total infinity. On the way to the ultimate, you must reach the point where you see everyone as you.

You become not only everybody on this planet, but everybody in this infinite universe. First you see everyone as you. Then you see everything is in you.

Then you see everything is in you like a night dream is in you. Then you realize that the whole thing was a dream, like the night dream was, that never really was. That the only thing that ever was, was beingness.

And the feeling is there never was anything but I, all, alone. And that I is the I that you talk about now, which you call a limited body-mind. So again, stop identifying with the body-mind.

Direct your attention inwardly with the question, what am I? Until the answer is obvious. Everything else is a delaying tactic.

Everything else is. Okay, if you think it's no good for you, it's just you resisting, taking the shortest cut. That's all it is.

Doing a good thing can never hurt anyone. But the fighting doing a good thing can. You must confront the fact that we don't want the truth, we want this body.

That's part of the trap you're in. In order for me to be what I am, I have to take millions of years of something out there. The world is not real as the illusion.

The world is real as it is real. It's real as the self, when you see the truth of it. But the world is nothing but yourself.

The world has a single oneness to it, one without a second. And you're not going to let anyone pull it away from you. See, this is the example of what I'm trying to put across.

Sebastian is taking all the things that he's read that confirms the illusion that a master has said and will say in order to communicate with those who are fully convinced of the illusion. Pose the question, what am I, until the answer becomes self-obvious. Not if I

speak from the top, not if I speak truth.

We all have the same identical nature, we are all infinite with no limits. But suppose you give it to someone who's infinite. People who are down here in this illusion and want to stay with it and only have five watts and can't take a thousand watts and so forth forever and ever and a year more.

Now luckily there is a truth that we are all evolving, we are. We'll make it. The majority, the great majority of people on this earth will take many, many millions of years.

We'll make it. Because we're going to suffer these many, many millions of years. And the suffering is a prod, it pushes us in that direction.

So you two are confirming the lie that there are ways and there's this and there's that in different natures. The truth says there is only one infinite being. And you're presenting to me ways and people and Yogananda and if you wanted the truth from Yogananda you'd have to take it when he said, I killed Yogananda a long time ago.

There never was a Yogananda. There never was a Jeff. There never was a Lester.

And I'm trying today to hold it at the top and to show you that you can go on doing this year in, year out, lifetime in, lifetime out, million years in, a million years out. You can. But if you want to make it very quickly, there's only one way and that is posing the question, what am I?

Yeah, but what has this got to do with truth? No, I'm not questioning the truth. There's not only a doubt, there's a total confirmation that you're not anything but an extremely limited body-mind.

How infinite are you now? It's a shocking thing when you look at it. You turn out to be infinitesimal, that's how infinite.

Okay, I have not said you people must do what I say. I grant you the right to do whatever you want to do. I grant you the right to take millions of years if you want or hundreds of thousands of years or thousands or one year.

Whatever you want is all right with me. Okay? What I'm stating is truth and trying to get you to confront how much you want the ultimate truth.

You don't have to want it. You don't have to seek it. You're free to do as you choose.

But the reason why you, an infinite being are not infinite now is because you're holding on to all this illusion considering it as true. Working with it and as long as you work with it you won't discover the truth which is not this world, this body, this mind. The truth is the I that I am.

Nature is an illusion. The only truth is beingness without form. See, I started with that premise.

But I'm not trying to take anything away from anyone. I have to realize that everyone is capable because everyone is infinite. Whether he recognizes it or not, he is infinite.

I want a nice easy way. I want to have a God with a name out there by the name of Ramakrishna, Yogananda, Jesus whatever name we want. And I want to make this dream go on and on and on.

But you see the problem and recognizing the problem is more than half the answer. It's possible to change your desires just like that if you really want to. You can make food that is very distasteful to you, taste delicious.

I think you all know the top state is the desireless state. But the top desire I'm hitting on is a desire to be a body, mind. Cause and effect is in the game, the apparency, the illusion.

Now what I'm saying, every master says somewhere even Ramakrishna had to slay his highest God, Divine Mother, Kali. There is no top, there is no bottom. The absolute truth is only isness, beingness, your beingness seemingly separated into all these beingnesses.

But when you say I and I say I, someday you'll discover it is the exact same I. There's only one I and it's written number one. There's only one I in the ultimate truth.

And I use the expression from the top just to communicate. Well, if you would see the truth there would be nothing to ever frighten you, not even Rasputin. You would see that you are the infinite beingness of the universe and that there is only you.

There is nothing other than you to hurt you with. It's illusory. It's like a dream, this whole thing.

You're talking about a dream. Even Ramakrishna when he says the things that you said is aiding and abetting the delusion. Now I'm complimenting you people to the extreme by talking to you the way I am, saying, why do you have to remain in this drunken, hypnotized state?

You know there's a way out. You've heard it. Why don't you just take it and stay with it until it's complete?

But I ask, why do you ask me the way and then say it's not the way for me? Desire. Desire is my enemy.

Desire is the enemy. It's like a thorn in your flesh. To get rid of that thorn of desire, you pick up another thorn and take that thorn out.

But when you get it out, you throw all that desire away, even the desire for liberation. When you're at the top, there is no purpose, there is no goal. But when you are approaching that place, you will want the rest of you to be awake.

You will want other people to know what you know. You will live only for others. There's a...

There should be a gradual elimination of the obstacles, which are thoughts that are holding us down. Whatever you think is true for you. Whatever you say is correct for you.

Right? If you want to take the bhakti way, fine. I'm not saying don't take it.

You never heard me, don't you want anything? Right? What I'm saying is if we want to do it the quickest, fastest way, then the way I put out is it.

I'll guarantee you that if you do Who Am I, you'll get even more ill than you did last time.

[Speaker 2] (3:23:22 - 3:23:24)

Ha, ha, ha.

[Speaker 1] (3:23:25 - 3:23:32)

I think you got the point and you didn't like it. The only reason why you get sick is your consideration and you know that, right?

[Speaker 2] (3:23:32 - 3:23:33)

Right.

[Speaker 1] (3:23:34 - 3:24:57)

So, you don't want to do What Am I, right? So don't do it. It's true.

Confront the mind and it will disappear. A full confrontation of the mind will cause it to disappear. You'll see it for what it is.

An illusion. And then... All right, now...

You're asking a specific thing. What do I do when it seems as though my mind is controlling me? Right?

Whose mind is it? Is it separate? Is your mind some separate intelligence from you that's telling you what to do?

Whose mind is it? Okay, you made it. You made it automatic.

All right, now, if you set it up to run automatically, to run you automatically, when you

see this, you'll stop it from running you. Examine the mind is what I'm saying to you. When the mind has you, try to see it.

Try to examine it.

[Speaker 2] (3:24:57 - 3:24:59)

That's when you get sick, then you examine it. But how do you do that, Lester?

[Speaker 1] (3:25:00 - 3:25:01)

I'm saying look at it.

[Speaker 2] (3:25:01 - 3:25:02)

Ask the mind.

[Speaker 1] (3:25:03 - 3:25:10)

In What Am I, you never take any answer that the mind gives. Any answer that the mind gives...

[Speaker 2] (3:25:10 - 3:25:10)

Is wrong.

[Speaker 1] (3:25:11 - 3:41:55)

Right. You have to just await the presentation of you to you. Now, in conjunction with Who and What Am I, we can do a thing called negative game, which is eliminating subconscious thoughts.

What did I do to cause this, that, everything? If you will develop the habit of taking responsibility for causing everything by asking yourself, What did I do to cause this? The answers will come immediately after a while.

You'll see the very thought. You're actually taking it from the subconscious and making it conscious and you drop it. But this should be done with not only sickness, but everything.

Everything that's happening to us. What did I do to cause this? Every time we do that, we take a subconscious thought, make it conscious and consciously let go of it.

Now, I call that negative game. That discharges a relatively small amount of subconscious thought. We have millions and millions and millions of subconscious thoughts.

But the discharging of a small amount of it allows us to put more attention in the

direction of What Am I, because it undoes the unconscious thought that is bothering us at that time. When we undo the unconscious thoughts that are bothering us now, we can drop into What Am I again. If I have a feeling I'm sitting down, I'm doing Who Am I, What Am I, I get a feeling I want to call Sebastian.

I've got to confront it. Now, why do I want... What am I doing to cause this wish to go out and see someone?

Just by posing that question, it'll come up and I'll say, Oh, I can't stand my thoughts. I want to run away. I want to escape.

By talking to Sebastian, I'll forget what's bothering me. I see it. I drop it.

And as I said, when you make a habit of this, no matter what happens, when you ask the question, What did I do to cause this? you immediately have that subconscious thought up in consciousness. Then you can really run out hundreds of thoughts per day that are sitting on top, re-stimulated, and unload yourself from this tremendous accumulation of thought enough to see who you are.

Now, the two of them must be run together. We are, as you know, not at the state where we can pose What am I? and just hold it.

Very rare is the one who can. But, combined with letting go of the subconscious thoughts, taking responsibility for whatever happens to us, asking, Now, what did I do to cause this? developing that gives you the answer immediately and your unconscious thoughts are going out like that.

And as soon as they come up and get in your way, they're out of the way. And you're back on What am I? I'm shifting from who to what.

The reason why I use two is because the top authorities, Ramana Maharshi, Shankara, use who. But I think what is a far better word. Who implies too much.

But every one of us will need this negative gain of pulling up these subconscious thoughts that are disturbing us now into the consciousness. And once they're there, we automatically drop them because they're bothering us. When they're conscious, we can consciously let go of them.

Every subconscious thought at one time had to be conscious before it was made subconscious. There is nothing greater than isolation because it allows concentration. Every time we contact the world, the world is pulling us into the unreality of the world.

It's pulling us away from seeing the answer. It is almost necessary to isolate, but not really. Some people, a few people that I know, have recently done What am I?

while working a job. They've gotten to the place where they're beyond all reaction and

have practically no desire left. Two months' time.

By combining the two of them, what's the difference between thought and intuition? Intuition comes from the realm of knowingness and requires no thought. When it comes to you, it's without thought.

It's just immediately. If you're thinking about it, it's not intuition. It feels like a feeling more than it does a thought.

Intuition is only 100% correct. Whatever seems to happen to you broke your wrist. What did I do to cause this?

If you do this every day, the habit of doing it will bring the originating thought behind it into your consciousness immediately. By doing it, by practicing it, you will learn to know it. I told you about my business involvement.

To show you that you don't disappear when you get your realizations. You don't have to leave the world. And anything you do in the world can be done far better with no real involvement.

You don't have to fear losing anything you have. You don't have to fear losing your body. The only thing you lose is your unfreedom.

The only difference before and after is that before you were compelled by your subconscious thoughts. After, you're free. If you have a thought, you freely put it into your mind.

Before, you had to be unhappy about certain things. You had to be unhappy maybe about tenants or the way things were going. After, you are never unhappy because everything goes the way it should go.

I believe there's a subconscious fear in all of us that if we go all the way, we go away. If we go all the way, we're not going to enjoy the things we're enjoying now. And that fear is unfounded.

Anything we have enjoyed before, we can enjoy a thousand times more after. We can enjoy it a thousand times more because we are free to go all the way on anything. Being unlimited, there's no limit to joy.

There is nothing we cannot have. There are no heights that we cannot reach. In happiness, in money, in health, or in anything.

Now, last time I threw out a challenge. I presented how life could be if you would go all the way. I presented the way life is when we live by creating things just by thought.

And when we do create things by just thought, everything falls into perfect harmony.

Nothing goes wrong. Everything becomes immediately the way we want it to be.

I presented this to you as a challenge, hoping you would take it and do just that. As a group we moved relatively high in a relatively short time. And then we leveled off.

The rate of growth dropped off very much and I thought it was so silly. It was really foolish to stop it. I just can't understand even now why you don't go all the way.

Why not take things for the mere thought of it? Why not have this perfect harmony when everything goes the way you want it to go? Why not live with all joy and no sorrow?

Why don't we take this? I really would like to know why we don't take it. If I know why you don't take it, maybe I can help you get it.

Because I feel sure that everyone would like to live the way I spoke of living, the way I was doing it back in the early sixties and prior. I'm sure everyone would like to live that way. You're in a constant state of joy that's beyond anything you ever experienced before.

Everything you think happens. So why don't we do this? I'm really asking you, why don't you do it?

I kind of summed it up. There was a time when I lived and anything I thought would come immediately. Anything and everything.

And I was telling him how beautifully harmonious everything is. Everything falls perfectly into line for you. But you have to work for a living.

That's a limitation. I don't know about what you're saying, but I say you're not free yet. You have to work for a living.

You have to do things, right? Or could you stop everything and do nothing and have everything you want? But the question I'm asking is, why don't we go to the point where we just think and have things happen?

We know the way, right? At least intellectually we know how to go all the way. We accept that we are unlimited beings.

Better as a word than any other word. That the top goal is total freedom, liberation. By discovering what we are, we discover that we have all power, all knowledge, that we are unlimited.

Turning all your attention on you. On the question, what am I? And quieting the mind enough so that the real you is obvious.

When your mind is quiet enough, your real being is obvious to you. And when it is, you

know, and you know you know. And that's it.

So the way is to keep that question going, what am I? And as disturbing thoughts come up, to look at them and drop them. And if we keep that going, we reach a point where they don't come up anymore, and then the mind is quiet, then we can see what we are, then we can undo the balance of the mind, we can wipe out the entire mind in one stroke.

Then we're totally free. When you do it, do you get disturbed with your thoughts? What happens when you get quiet?

It means you're caught up in the sheath of happiness, which is the last one you have to break through. See, the coverings over the infinite being that we are are first the physical body, then the mind, then the last one is the happiness. We get into a state where we get too content, and we stop there.

We just really rest on our laurels and we enjoy the state that we're in, instead of going on further past that happiness state. The thing to do is to disregard them, look at them and let go of them, and keep looking at what you are. Have you seen yourself as all power, all knowledge?

See, then you have yet to go. So the only thing I can say is keep doing it, try to break through that pleasant state and go higher. See, the top state is not enjoying, it's a very deep peace, a total well-beingness, a feeling of eternality.

We should reach a state where the real I that we are takes over and sucks us in all the way. But I think, well, you might be afraid of disappearing.

[Speaker 2] (3:41:55 - 3:41:56)

No.

[Speaker 1] (3:41:56 - 4:00:27)

No? What do you think might help you go further? See, the first incentive is difficulties in life, pain, mental, physical.

But later on the incentive should be, the goodness of it should be the incentive to have us keep going, going, going. Keep it up. Someday, when you get tired of enjoying, you'll drop the enjoying and go on further.

There's not enough drive to drive you all the way. I don't think so. You can't try too hard.

Although the further you go, the less effort is required. You reach a place where you can't use effort anymore. The real you takes over and just lifts you all the way to the top.

Until that time, you have to use effort. So, the only thing I can say is, just keep going with a little more drive, if you can, to get the answer. See, you're moving into the astral realm, which is a higher realm than the physical.

It's a realm that's more in tune. Well, that's a sign you're moving up. You're moving into the astral realm.

See, this is the physical. We also have an astral body and we have a causal body. But you're up in the astral and you're seeing everything as light without your eyes being open.

So, again, I say, just keep going. Keep going. When we started years ago, I told you, I will never leave you so long as you want help.

Now, the real me sees you as the real you. And it's the real me that's helping you when I'm not here in physical body with you. And anytime you call on that real me, you'll discover the real me is there.

And what happens is you get a lift a bit higher so you can get the answer yourself. You've got to get it. But you can get a lift that way to getting an answer.

It's a difficult thing. It's an obstacle. Business and family are obstacles, but they can be transcended if the time you have not at business is used in digging into discovering you.

After all, how long does it take an infinite being to know that he is? He can do it in an instant. When man so wills, he's immediately set free.

So, if you take the time you have not at business and use it to dig, to discover you, you can get the full answer, especially now that life is easier and things are coming more your way by your doing, and just dare to quadruple what you're doing mentally without any more effort, though. Then you might have four times more time to dwell on the subject. What am I?

I'm referring to what am I? I'm keeping you at the ultimate question that has to be answered, and when answered fully is the ultimate state of freedom, which is known by your feeling and by the way your life is. Life is the way you make it.

You get there, you can get all the money you want without working for it, and I'll show you how. I'll talk about me again. When I wanted to prove to me that I could be a millionaire, I went into the real estate business, started buying apartment houses on a no-cash investment in each building.

In six months' time, I accumulated 23 apartment houses, 20 to 40 units each, and that was worth a million dollars. I had that much equity accumulated. I guess it was then two years' time.

Everything up in value. I had it. Now, I let it go because I saw that my security was in my ability to produce at will.

Now, I know from experience already I can produce a million dollars. I already know I can produce at will, and therefore I have everything that I want. I decided a year ago I'm going to make money.

It's pouring in on me right now. It's pyramiding very rapidly. The actual materiality is coming in.

You can still have more and more and more of materiality. There's no trick in that way. You have it and then you don't have it.

No, there's no such trick. If you want it, you can have it. More and more and more.

It's not loaded. It's not a snow job. Now, you take on more and more and more.

You don't give up anything. You've got it upside down. You're taking on more all the time.

Not the reverse. You're carrying through some of your old concepts and applying it to what I'm saying, which isn't true. You take on more and more all the time.

You're reaching for an infinity and you never stop until you've got an infinity. Oh, now, wait a minute. The infinity includes all.

There's nothing excluded. Your concept of infinity as being partial needs to be checked. Do you really think you're going to have less as you go on getting more and more of truth?

You've got separations going on, this and that and one versus the other. And this is the main point I'm trying to get across. You don't lose anything.

You don't lose your body. You don't lose your wealth. But you can take more of both.

You can take more health and more wealth and be non-attached to both of them and be free with them. And basically, I've been asking, why don't we go all the way and get totally free so we have no more troubles, no more miseries, where we can have anything for the mere thought of it? Someday we're going to do this, every one of us.

Why not now? Here's the conflict. You don't believe it.

Now, if you had everything, what could you desire? Nothing, right? But do you have everything?

Right now, we want things. We want freedom. We want total freedom.

We want all happiness and no sorrow. We should have that. We should have all the wealth we want, even if it's a billion dollars.

And we go on and on until we have everything we want. I'm not against getting the things we want. I'm for it.

When you have everything you want, you're there. Get it and then look, see. If you had the realization, why would you have it?

See, this is a hypothetical... No, I said, why would you desire the million? Do you have everything?

No. Therefore, you cannot get the answer to it. So I'm saying, get everything first and then you'll see the answer.

See, you're looking at up there from down here. You're wanting things here. You're saying, well, if I get everything, then I won't want anything.

I say, you'll never know until you go there. But I'm trying to coax you to take everything. Fulfill every desire.

That's the way to get to the desireless state. I'm trying to get the group to move to the place where they just think and get whatever they want. This is knowledge.

This is know-how. Is it not to think and get what you want? That's knowledge.

That's the real knowledge. Yes, when you do it, then you really know how. Are we practicing that, even in business today?

Are we thinking and having things happen? No trouble in what? Well, that's great.

Do you know why? You can apply that to anything. Just dare.

Raise your sights from parking places to bigger and bigger and bigger. It's the exact same principle, Harry, that works for parking places or places to park gold, your gold. But if you can apply that same feeling, that same principle to other things, you'll have them also.

And what I'm suggesting is that you do this now. Think and have things happen. The way you think yourself into a parking place.

Think yourself into everything you want. Are you troubled with too much of it? In other words, you're content.

And I'm trying to get you beyond that contented state. I'm trying to get you to go further so that you just think and things happen immediately. What you don't see is that now you think that you must think now and later on the thing happens.

And I want to get you to where you think now and it happens now. Think for yourself. Bob, get it for yourself.

After you've got it for yourself, then you can help others. You can show them how they can get it for themselves. The satisfaction to all your questions will come only when you discover the full answers.

I have never answered any question for you, Bob. I have tried to help you to get the answers for you, but I really believe that you're not convinced that you can have anything for the mere thought of it. You don't even believe it, let alone being convinced.

If you were convinced, it would be so for you. So maybe it just boils down to the fact that we don't want anymore, we're satisfied. Are we?

The body can hurt and I, if I am not the body, will not hurt. Now, to really understand these things, as everything else, you must experience them. You see, I give out different levels of beingness and try to get you to move up.

Concepts of the body. The concept I am the body means I have to suffer every limitation this body has. If I take on a concept I can control this body, then I can make it be the way I want it to be.

I can make it healthy and I don't feel it. I can move up further and say I am not the body. And even though the body hurts, I, being not the body, it doesn't bother me.

And then the body is out there and I am here and the body out there I know has pain in it, but it doesn't bother me. And then I can move up from there too. See, these are all different levels.

When I see that I am not the body, totally, the body can never ever limit me in any way. So it's a matter of what level you're looking at it from. So I start from the bottom.

I am the body. If it hurts, I'm in trouble. I'm in agony.

And I yell. If I move up, it gets better and better. You go all the way to the top, you're not the body.

You're just beingness, being, all beingness. Insanity comes from deep, deep apathy. And no one here is in apathy.

No one is near apathy. So fortunately we can't go insane, so that's nothing to worry about. If you want to go out of your mind, that's possible.

You can go beyond your mind. You don't have to think if you don't want to. You can move into the realm of knowingness.

And then you operate on the spur of the moment, like a hunch, a hunch or an intuitive feeling, or it just comes to you, you know, without thinking. If you're doing that, you're operating beyond mind. You're operating in the realm of knowingness, where you don't have to think.

But that's not insanity. That's the other end of the scale. Why don't we go all the way?

Why don't we just think and have things happen? Go to the unlimited state. Be totally free.

Have no more compulsion. Have no more subconscious thoughts operating you. That every thought you have is a choice of the moment.

Let go of all the subconscious thoughts. I'm just baiting you. That's where it comes in.

We all want money, so I'm putting it up as an incentive to make you go further and get a million dollars. You can always drop it if you don't want it. But get to the place where you can and demonstrate anything you want immediately, is what I'm suggesting.

And I'm asking, why don't you want to live this nice, beautiful, easy way? I say you don't, Harry. Oh, a few here and a few there.

[Speaker 2] (4:00:28 - 4:00:29)

Go ahead and get me rubbed out later.

[Speaker 1] (4:00:32 - 4:03:44)

You don't have everything you want, Harry. If you want to see me later, I can tell you a lot of things that you want that you don't have. You can help the other one to help himself.

If you do things for the other one, you cripple the other one. But we can help others to help themselves. Just changing your attitude toward the other one helps the other one.

The more we see the perfection of the other one, the more we're supporting the other one toward that perfection. You change your attitude and the other one will change. Watch it.

People will actually fit our consciousness of them. My father had a stroke last week and was getting totally paralyzed. When she got to the hospital, he was mostly paralyzed and he looked as though he was finished.

She went in and put a question to him, Do you want to leave, Daddy? And it shook him up and he looked at her and she began to cry and he grabbed her. He had one hand that wasn't paralyzed yet and he grabbed her by the hand and he started to cry and then she

called in all the power that she is and she said the whole room, everyone in the room, there were others in the room, everyone got quiet, everyone got peaceful.

It was like everyone was meditating and all of a sudden he started to get better and better. And he undid most of his paralysis. He didn't leave the hospital because they wanted to keep him there for checking.

But she used it for her father. But she got him to go with her by her turning on the power. He responded to it.

It was so totally accepting of the fact that he is perfect that when he came to life and sat up and spoke to me, I wasn't even aware of the fact that it had happened. This is how much accepting of it you are until the doctor came back in the room, looked at him and then yelled for the oxygen tank and plopped it over his head, which scared him again. But he didn't leave.

He stayed. When we turn on the power full, it's there.

[Speaker 2] (4:03:46 - 4:03:49)

Well, we didn't get rich tonight. We got peaceful.

[Speaker 1] (4:04:05 - 4:11:53)

Salutations and hello. Welcome to the beautiful land of tranquility, Sedona, a place where we can all become sedated. Of course, it's not necessary to go thousands of miles as some of you have done to find out where you are.

There is nothing more intimate than that which you are seeking. There is nothing that you have been in more contact with than that which you are seeking. And what is it?

It is I. But I only. And all this effort is in a direction in which you don't find it.

It's so important to keep it simple. Everyone in his or her every last act is seeking what I am, my beingness, spending lifetime after lifetime chasing after it where it is not, out there. It's right here.

It's I. Why don't you just remain as I? And just feel all the time, I am, I am, I am, I am.

That's the ultimate state. Also, all the happiness there is, and the only happiness there is, is when you are being your beingness, which you are all the time, making tremendous effort to be miserable. I'm trying to bring out the simplicity of it.

It's so simple. There's nothing more intimate than this ultimate being that you are seeking. It's I.

You have so conditioned yourself over so many lifetimes and so many millions of years to

think it's elsewhere to wake you up to see the simplest of all simplicity there is in the universe. Knowing what you are, you will know everything. Knowing what you are, you'll have the answer.

It's the I of you, your beingness, which every moment you are looking away from. You programmed in all the programs of Agflat. Every feeling is a post-survival feeling, and since every feeling is oriented toward keeping you surviving, subconsciously, 24 hours a day, your mind is in constant extreme activity, trying to keep yourself surviving.

Every feeling is a motivation toward surviving. What do we do about that? Continue trying to get that survival solidified by satisfying our feelings?

Or do we make that absolute determination enough of this misery and release all the feelings? When all the feelings are released, your mind is quiet. And when your mind is quiet, you're self-obvious to yourself as to this eternal happy being that you are.

You must quiet the mind by ridding yourself of thoughts, by releasing these suppressed feelings. And there is no faster way in the world. Unfortunately, I think every other way is trying to do it via the mind, via the problem, via the noise.

In releasing, we are not intellectualizing, we are just allowing the suppressed feelings to discharge. That's why I say I think we are the only method that is really accomplishing, because all the other methods are trying to do it within mind. And even meditating is trying to use the mind to quiet the mind, and the mind will never undo the mind.

The mind is a mechanism of focusing us toward the misery. If we try to use the mind to undo the misery, it just cannot work. Now, the method is so simple and so complete, anyone who wants to can go free in a matter of months.

Now, this word want to gets you angry. But it's simple, if you wanted freedom more than you wanted anything else, all the time you'd be releasing. You would take every feeling that came up and see whether it's approval, control, security, and let it go.

If you wanted freedom more than anything else, you would be releasing all the time. So when you tell me, oh yeah, I want freedom with all my little thing here, and my little project there, and making money out there, there's a denial of your wanting freedom. You're wanting the bondages of the world that you set up.

All the money in the universe cannot keep you surviving, but you can. So check your priorities, check your real wants, focus all your wants into wanting to go free. Who would prefer freedom to sex?

Liar. I wasn't fast enough. I really wanted to say that before the hands went up.

I didn't want to embarrass you.

[Speaker 2] (4:11:56 - 4:11:57)

I didn't want to embarrass you. I didn't want to embarrass you.

[Speaker 1] (4:11:57 - 4:21:20)

But it's true, if you wanted freedom more than anything else, you'd give up your desire for everything else, including sex, including wealth, including health. So check your want to. Try to convert it all into the channel of wanting freedom.

And if all your want to is in a direction of wanting freedom, you're going to get it quickly. Because all day, every day, you'll just be releasing. It only takes months to release the entirety of everything we have suppressed.

It's all compacted down there with tremendous pressure of it trying to expend itself. And we're holding it down. Subconsciously, we're holding down all this tremendous energy.

But if your want to was really freedom, you'd stop holding it down. You would let it flow out. You'd be free.

Your problem is habit. Millions of years of going in the wrong direction. But you still have that infinite will to reverse that habit, to overcome it and say, No, I want freedom.

And you can only get smart enough to see you can have anything you wish with a mere effortless thought of it. By getting the limitations out, the act flat. From a mere effortless thought, you can have anything.

If you just take time to look at what I just said, you can have anything for a mere effortless thought. When the act flat is out, and the limitations are let go of, this ought to entice you into focusing all your wants into going free. You don't get gold.

You get the formula for making an infinite amount of gold. You don't get health. You get eternality.

You don't get wealth. You get the entire universe. So that what you're looking for in a very miserly way in this world, you can have a million times over by just getting the act flat out of your way, just by releasing it.

If you were really convinced of what I'm saying, you'd all go free quickly. You'd focus all you want to in this direction. And I say, get smart.

If it's gold you want, you can have a million times of it for a mere effortless thought. If it's health you want, you can have a perfect body until eternity by getting the act flat out. Look at what you're doing.

And in the first place, to take your attention off the wrong way and put your attention on

the right way. The more you release all the obstacles. So I'm saying, you're in a good place.

Really the best place in the world you could be in. And everything else is really a waste of time because it's seeking the ultimate where it is not. So, stop wasting time.

Get concentrated. Release. Go free.

Thank you. Momentum is very important in getting realizations. You stay with something, it becomes clearer and clearer as you stay with it.

But if it starts getting clear and you move off, when you come back onto it, it's more difficult to get into it again. And so I am anti-talks, tapes, because of that. I can see it doing harm in that it doesn't let you stay with something because the conversation goes on and on and you move off one thing onto another and onto another without getting a realization of any one of them.

I believe you got much more good out of reading the book The Verities than you did out of listening to me. Listening to me you get an impetus to move. But when you get with the book, you get the realization.

You can stay with those statements and make that knowledge your knowledge and that's when it's usable to you, when you make it your knowledge. So, I'm not in favor of talking because of that. It doesn't allow you to stay with anything.

And if you are getting a realization, the conversation that goes on after that pulls you away from it and makes it more difficult to approach it next time. I know the best thing is to use the Verities, use the sessions. You were teaching that clear back in 1961 or whenever the date was made.

I thought it sounded like you in the current era. Change will save you. It's the same truth then as it is now.

And ever will be. It should never change. What I say should never be different, should it?

Well, I was hoping it would get easier. It's very easy, actually, unless you make it difficult. Everyone is seeking the exact same thing in his every act.

Every being is seeking exactly that which we are seeking in everything he is doing. Can you see it now? I think we all ought to see that, that we're all seeking the exact same thing.

The world calls it the ultimate happiness. We call it the I that I am. Or we say that the I that I am is the ultimate happiness.

Discover yourself and you discover the greatest happiness and you get the greatest

contentment. It's a satiation that's all satisfying. We still hold on to the beliefs that we have extreme limitations.

This is the problem. And we don't have enough incentive to let go of them. As I said, there's no reason why anyone here shouldn't have everything he or she wants for the mere thought of it instantaneously.

That someday you're going to do this. Why not now? And the reason is, I say, that you don't believe it.

You hold on to the opposite, that you can't do it. And that's the only reason why you can't. The incentive, the drive is far less now than it was when we were unhappy.

But what I'm trying to do is to get you to the total peace. Until you get there, there'll always be annoyances in life. Even though it's much better now, it should be best.

[Speaker 2] (4:21:24 - 4:21:25)

One more step to go.

[Speaker 1] (4:21:27 - 4:23:32)

What do we need to go with? This is the big thing. What do we need to go with?

I think we need to recognize that we don't believe that we can first. We're still holding on to tremendous non-acceptance of the idea that we are unlimited. When you see first that you really don't accept it, if you confront that, you can let go of that better.

A theory is not a law, it's a supposition. After it's proven, a theory becomes a law. There's nothing out there but our consciousness.

There is only one consciousness and we are it. You don't overcome, you see what is. There's nothing else but what is.

What is is whole, perfect, grand, glorious, delightful, exotic, ecstatic, everything good you can think of. If you people would do these things, just think and have things happen, and I could do it too. We could all do it together.

If you could accept it, I didn't.

[Speaker 2] (4:23:34 - 4:23:35)

Yeah, I know.

[Speaker 1] (4:23:37 - 4:25:38)

But I came back to you. And this time I want you to come with me. Now, if I performed

acts of magic, it would help you none.

I'll come down to the word demonstration. I think Art has seen some demonstration. Ken, you've seen a demonstration.

I don't know whether you still accept it. He saw it and then he said it wasn't. See, this is what usually happens.

I went to Caltech with Ken and I wanted to get copies from one of the books in their library. The duplicating machine was out of order. There was a piece of tape over the money part so you couldn't put money in.

It was a big sign, out of order. And when I asked the girl for change, for dimes to put into it to try it, she didn't want to give it to me. She resisted.

She said it's been out of order. They tried to fix it. And I said, I had to coax her into giving me change.

And I said, it's only a dime. That's all they charge for copy. I went over to the machine and I took the tape off the money thing.

And I got, I think it was two or three copies of pages I wanted. And I said to Ken, it'd be interesting to see what happens now. I don't need it anymore.

And I put another dime in and it came out black. And just then the head of the library came over and said, oh, it's been that way for some time. We've been waiting for the repairman to come in and fix it.

So it went right back to the way it was. But when I wanted the copies made, the machine worked. That's magic.

And yet it's just a mere effortless thought that does these things. But it didn't help Ken any, did it? I said it's coincidence.

[Speaker 2] (4:25:39 - 4:25:40)

Yeah, coincidence.

[Speaker 1] (4:25:43 - 4:27:48)

And I gave him a demonstration of harmony on a trip we took. I just said, it is, I let go and I let it be. We got the nicest plane out.

It was a United Airlines, much nicer than the commuter's plane. We went up to San Francisco. I went into a telephone booth and in no time flat I had appointments with everyone at different times of the day.

We didn't rush. We made every appointment just on time. When we wanted to eat, we had time out to eat.

And one of the prime purposes was to see their methods of doing it. And I wanted the best one for last. And at the last visit I forgot to ask if we could see their facilities.

And we got up to leave and the man said to us, would you like to see our facilities? Remember that? And we accomplished an awful lot of work and we were finished about 3.30 in the afternoon. Everything fell perfectly into line. We were back in Los Angeles about, well, we stopped in to have supper downtown at 5.30 or so. We were in a restaurant downtown L.A. But it was a harmonious day. Everything fell right into line perfectly. And this is the way life should be all the time. But it was a demonstration.

I knew it was a demonstration. It just came to me to let it be. For Ken, say, at the machine.

But in no way, everything was just perfect. Right? Now, the point I'm trying to make is I don't think it helped Ken and his realizations one bit.

But that's the way life should be all the time, every day. Everything should fall perfectly into line. It's delightful.

[Speaker 2] (4:27:49 - 4:27:50)

It's perfect.

[Speaker 1] (4:27:50 - 4:27:50)

It's marvelous.

[Speaker 2] (4:27:50 - 4:27:52)

You've arrived then.

[Speaker 1] (4:27:53 - 4:40:00)

Oh yeah, when you're consciously letting everything be perfect, you're there. Anything that you're evolving in your mind here will prevent you from going to the top. The mind is your biggest enemy.

Nonsense with all this misery. I'm done with it. I'm finished.

I'm going all out to remain in that state. It'll take you a month, maybe two months, and you'll release all the act left. But, to conclude, I think we have the only method that releases the mind, that quiets the mind, by expending the subconscious programs.

We get it into consciousness first, approval, control. The others are trying to release, you

know, fear, because it'll take you hundreds, thousands of lifetimes to release on fear, then you'll have anger, then you'll have all the others. Whereas if you let go of control, you're letting go of everything underneath of that.

And then when you let go of security, you're letting go of all approval and control and everything underneath it. You're so far down here, you cannot tackle security. You get overwhelmed.

You get scared to death, and you let it go. But after you release appreciable amounts of approval and control, then you're able to confront your fear of dying. But you see, our way is actually releasing the motivators of the mind.

And don't try to develop your mind. You're developing your enemy. You're developing the thing that keeps you bound.

What happens when the mind goes totally quiet? Wow, I've always been omniscient. I've always been all-knowing.

It's what hits you right between the eyes. But you've got to release that constant 24-hour day trying to survive, called Ag Flap. Now after you get all your Ag Flap out, the body's still there, the world is still there, but it's like that oasis that you went up to and you discovered it was sand.

You give the body its just-do, whatever that happens to be, but you don't disappear. You're so afraid you're going to lose your bondage. Everyone is using other things in conjunction with releasing and slowing down releasing by doing that.

If you need any other vias, you're slowing down the method. You don't have to go chasing empty feelings, they're with you all the time. And all the time you're trying to escape them.

Number one, making a living. There's nothing so asinine as working for a living. You're eternal.

In trying to be, talking to you directly, a number one in show business is trying to be the greatest ego there is. You see what happens to them. How happy is Burt Reynolds, Glenn Ford, I've got to talk about my peers, I don't know the present ones.

How happy are they? Do you know them? Have you ever talked to them?

They're more miserable than a working man is. They hit drugs, they know they should, they get off it, they hit alcohol, they get off it. Some of them kill themselves with it too.

There are certain people who attained fame and fortune and committed suicide. Some do it later. Judy Garland did it later.

Well, who doesn't die? Where is the new prince going to be in another hundred years? Gyrating in front of masses.

Unfortunately, and you've got to be careful of this, the most successful ones don't go free. The rich people that I talk to, they sense a security about me that they don't have. And they tell me they want it.

But to take the course, oh, they can't take the course. They look at me and they look down at me. They've got millions.

And usually to them, I want them to think I'm poor. Because it's the having the millions that has them stuck. Especially the wives of the rich, when I used to be pulled into parties and gatherings in New York, they'd come up to me and say, oh, could you help me?

And I'd say, yes, but you've got to know that money isn't everything. Down would come the curtain and it'd leave me alone. It'd stop wasting my time.

But the rich have in the back of their minds, I've got a mate, I'm successful. Of course, if you can consciously use it to show that you are master over this world, that I recommend. When you become master over the world, like our stars have, our celebrities, you can't stop there.

You've got to move on mastering your mind. See, first they master the world, then you master your mind, then you're a master. What is mastering the mind?

It's getting rid of its agflap, that's all. Then you're really in control of the mind. Then you can portray any feeling, any action you choose, without any concern.

When you're free of your agflap, you can portray any emotion much, much more so than you could when you had the agflap. And if you're in the world, you use it to communicate. If someone's in extreme anger, and you say, oh, it's a wonderful world, everything's so wonderful, beautiful, they won't hear a word you say.

If you start saying, oh yeah, this, blah, blah, blah, blah, blah, they hear you. So, when you go free, you'll play at feelings in order to establish communication with the other one. You have to go in at the level that they're in in order to communicate.

So you'll use feelings at times in order to communicate, but with this difference, the feelings are not running you, you're running the feeling. Whereas now, feelings run you. We're very much robotized when we have any feelings because they're constantly, automatically making us do things.

And almost everything you're doing initiates in a feeling. This comes out as a thought, which you carry into action. We are, the majority, even of us in this room, we are more

into automatic behavior than we are into free behavior.

What would free behavior be? Number one, you'd stop struggling for a living. You would just let go and let everything drop into your lap.

A lot of you are having experiences of this on occasions, but this should be all the time. You release completely on anything and that thing drops into your experience without effort. Again, identify how am I?

How am I living with the world? How easy is my life? How much am I creating consciously by mere thought?

It's the densest, most cramped, most uncomfortable body you can have. Those who die move up into a nicer state of comfort and being because here you can think and have everything happen. And this is what you do when you dream.

Whatever you dream is, at the moment, you think it. Have you noticed that? If you want to be in a certain city, you're there.

At the next moment you want to be in another city, you're there. You read the autobiography of a yogi. There must be several incidents there where teachers who have died have come back in physical body.

A yukteswar, shortly after he died, at the same day, in the same hour, I think he visited four of his disciples to let them know indirectly that something happened to him so that they would learn that he's not hanging out in physical body anymore. But all those masters can, by a mere thought, materialize a physical body. It's another joke you're going to see someday, that this tremendous complication called the physical body also is only a thought in your mind.

But did I answer your question, Michael, on this thing? Here's where you have the Christ, the Buddhas, the Yoganandas and so forth. They're not all the way up to the top.

They're approaching it. They're really more than half way up. I reached a point where I said, this led way to the body, I'm going to let go of it.

If I'd have gotten that thought out of my mind there would have been no more body. But then another part of the mind said, hey, hold on, wait a minute. Look at this promise you made.

It was before this life. And I said, okay, what's the difference? With the body or not with the body, it's all the same, it really is.

How do I just... You remain my beingness eternally.

[Speaker 2] (4:40:00 - 4:40:03)

Right, but wouldn't you... What's beyond that?

[Speaker 1] (4:40:04 - 4:40:05)

Beyond beingness? Nothing.

[Speaker 2] (4:40:05 - 4:40:12)

So why don't you get to the top? I don't understand. I mean, it's crowded to me that Christ is only half way up.

[Speaker 1] (4:40:13 - 4:55:06)

No, he's more than half way. They're really up here. Christ, Buddha.

The ones who got free here are near the top. And it wouldn't take much for them to go over the top. That's what held me back.

Not the first lifetime where I'm trying to help people. I hope to release that one this lifetime. Or to you.

I'll tell you, my doing this is my bad karma. It's karma from the past that got them wanting to help people. Okay, now in three months' time you can go all the way if you want.

Not if I want. You've got the option, you can do it. It's simple, it's easy.

Why? You're already there. It's your beingness.

Let go of identifying with body-mind which is letting go of ag-flat and cap. You can let go of peace, you know. Okay, that's what's keeping you back.

What you just said, I'm a nobody. That's what's holding you back. I can't do it, they can do it.

But you also heard me say thou art that. You are the infinite beingness. Again, the before and after picture is your programs are now running you.

The after picture is you run the program. You either put them in, you put them in to keep you in touch with things. You don't put any programs in, and you just sit around the clock in a high state of ecstasy.

The highest state there is. Some do that, some choose to remain active. So they put in programs.

But there's a big difference when you consciously know you've put in the programs than there was previously when you were overloaded and overwhelmed with programs, not

aware of the fact that you put them in but that they were running you. And when you put in these programs yourself, you could undo them with relative ease if you choose. Had I not done that, I would have just seen absolute perfect, total perfection everywhere.

I would see the real you which needs no help. This part of you needs no help. That's what I would see.

Now all, everything else is imaged in the mind and therefore is imagination. West is an imagination. Michael's an imagination.

It's a joke once you see it. All this effort. You don't see me the same.

Every one of you sees me a bit different than the others. As in the example of an accident. Why do five people see five different things looking at the same thing?

And it's not even related to them. Objectively they can't see the same thing because we're seeing our own picture which is covered by our whole gamut of ag flaps. You see yourself as a body doing everything you're doing.

I can't lose sight of the fact that this is the you. If I didn't hold that true picture of you, I'd be of no use to you. It's not the words I'm saying.

Any good I can do you is because of what I know what you are. My knowing what you really are tends to move you toward that. It causes you to take these courses, move in the direction toward it.

And this happens for every free one, whether he's sitting in a cave in India or anywhere, is unconsciously helping everyone on this planet because he sees everyone as absolutely whole, complete and perfect and tends to move them in that direction. That's the greatest help there is. Go free.

And you're holding everyone in their true free state. So I had to put in programs. I've been programming since 1952.

I haven't tried to reverse them yet. My problem was holding on to the dream, the imagination. Now when you see this picture, you'll see this life exactly like a night dream life is.

Where I'm coming from is like you going back into a dream you had last night and telling those characters how to go free. It's not easy. I had to use anchors to keep me in this dream.

I guess the biggest one I use is watching the news on TV every night, reading two newspapers, Arizona Republic and the Wall Street Journal. The Wall Street Journal is the most informative newspaper we have because as business goes, so goes the world. You really want to know what's going on.

It's the economy that seems to determine everything we're doing. We're all working, doing jobs, etc. But I use these things as anchors to hold me here.

Otherwise I'd just slip out. I did sit around the clock from 1957 to 61 or 62 out at the ranch in that most wonderful of states. I saw back in 52 that I was going to be doing the method.

So in all these unusual... Here's another interesting thing. When I was out at the ranch by myself, I didn't see one single unusual thing going on.

Everything was like breathing until people came in and began pointing out all these unusual things. And I had to go to work to keep undoing them so I could move in the world like people move in order to communicate with the world. You see, if a Jesus, a Buddha come back here, your communication with them is going to not be good.

Because you're talking about a picture they can't even see. And so they'll just tell you you're great, you're whole, you're complete, you're perfect, you're this. That's the only thing they can see.

And that's what you will see when you rid yourself of the Ag Flat. So the real you is just the experience I am. That's it.

Don't superimpose a limited body with aches and pains da-da-da-da. Remain there. Any thought you have is limited.

So the limited you is the experience of feeling and thinking. When you no more feel and think there are no more limitations. And of course if you think you're this carcass, that's the most limited you.

And you're experiencing. When you're in a body state, you think having this is going to be your summum bonum, the greatest thing. If I only could have, I would be happy.

When you begin identifying with your mind, you move into the doingness state. I need to be a doer, I need to be a big shot in order to be happy. So only 5% of us can get in today that are in this state.

There's not even 1% of the population today that's in the state of beingness. But these are the three states that inhere in us that we think is our ultimate good. Having this, doing this, being this.

And they relate us to this part of us. But hold the composite of what you are so you can work to let go, let go, and just be. In a limited state, you have many, many thoughts and feelings, 24 hours a day, but you're looking away from them and you call them unconscious, but they're there.

When you choose to experience one, you call it conscious. In a free state, no thoughts

and no feelings, and that's great. In a limited state, limited knowing.

As large as the largest library, the Library of Congress is, there is so much knowledge that could be worked on because it never gets the answer. You could fill up the entire planet with books, and you could get more. All this knowledge is of no avail, is not correct, proven by the fact it's changing all the time.

If you had the answer, you don't keep changing it. But of all the sciences, they're changing and changing and changing and changing all the time. They'll never ever get the answer because they're looking outwardly for the answer.

The answer comes only when you turn inward, discover your beingness, knowing which, you'll know everything. So looking for more and more knowledge out there is looking more and more into directions where you won't get the answer. The definition for truth should be that which never changes is true.

Because if it changed, it wasn't true the moment before. Now the truth of you is the part of you that never ever changes. It's so simple, it's the I.

Interestingly, they made the I one. And when you identify with your I-ness, your beingness, you discover there's only one single beingness of the universe and that you are it. There's no two-ness there.

There's a singular oneness. And when you get the act flap out of your eyes, the first thing you say is you are me. Every atom is me.

And all this is just an out-picturing of my mind. And that the only thing is is I, my beingness. The beingness of every one of us is the identical, same, infinite beingness.

When you see the truth, there's only a oneness. And that's the real God that people are looking for. You want to demystify God, God is your beingness.

It is unlimited. Omnipotent, omniscient, omnipresent. You can totally demystify God.

Is there a God? Yes, your beingness. So I'm hoping to demystify things to lift out some of the fear of going free.

I think if you didn't have so much fear of going free, a lot of you would have done it already. You're wondering, what is it? And there's also a feeling, I will die if I go free.

Has anyone experienced that? If I go free, I'll die. Okay, something does die.

Something does die. What dies?

[Speaker 2] (4:55:07 - 4:55:08)

The ego.

[Speaker 1] (4:55:09 - 4:55:49)

What's the ego? The sense of me, limited Lester, with Lester's mind and body. That goes.

But I, my beingness doesn't. I, my beingness is free of all that limitation Lester. So your fear of going free is the fear of losing the ego, sense, personality, mind, body.

I guess the word personality is a good overall word for ego. And as you've heard, ego, he must go.

[Speaker 2] (4:56:00 - 4:56:04)

I don't think I'll die. I think I'll be bored to death.

[Speaker 1] (4:56:05 - 5:10:35)

Because, because now your entertainment is running away from your ag flap. You think you have to be in constant running away. Once you experience that state, just for one moment, you'll never let go until you establish it for all time.

It's so tremendous. It's, it's like a tremendous ever, ever new joy welling up every moment until you learn how to control it. When you, when you first come close to it, every moment, tons of joy welling up.

It overwhelms you with joy. It's just the opposite of boredom. See, what boredom is to you now is escape from your heaviness by moving out and into action.

But once you experience the beingness, you'll see how boring your life is now. Boring yourself down into the pits. So the free state is the ultimate joy, constant with no sorrow, absolutely no sorrow, with a sense of total fulfillment permanent satisfaction.

Just the opposite of boredom. That's what it is. And what you do now, you take moments of pleasure with a constant background of discontent.

Sorrow, misery, striving, driving, pushing, pulling. Never a moment of peace or happiness. And in the end, what changes is only identity and point of view.

You don't identify as being your body. You know what it is. You know it's a thought in your mind.

You know you're in total control of it. You identify not with your body, not with your mind, but with your beingness. So you shift your identity from here to here.

And your point of view is simply that it is my picture out there under my total control. Control is not a dirty word. Control is something we must achieve, but it must be total control of everything in our universe.

Well, here's what actually happened. Fifty-two, New York City, it hits me. First place, I cannot get it into words.

It's so beyond words. After a while, I said, oh, they have it in words. And the most common language is the Bible.

So I read the Bible from beginning to end and really understood the original meaning, most of which has gone out of the Bible by reinterpretations again and again. And then I looked at the schools of metaphysics, theosophy, went through all of them so I'd have the language of communication. Then I realized after going through all that, simple English will do it.

Here's the way I would talk to them. I couldn't hear, I couldn't see all the disharmony that they were trying to get me to see. And I'd say, look, just be what you are, you're whole, complete, perfect.

That was my general conversation. Just be what you are. Why all this effort trying to be a miserable being?

That's the way it looks to you. That's what you're doing. You're going through tremendous effort to be a miserable, limited being.

So was I communicating? No. And then they seemed to be so annoyed.

Most of them. They're nice to hear things like, wipe that smile off your face, Lester. And I didn't even have a smile.

Then I saw my absolute projected security as a billion percent security, I feel, tended to stir up their insecurity and so that they were annoyed and bothered. So then I said, okay, why should I give them this thing to bother themselves with? I took it and I parked it out at the ranch here in Sedona.

Sat from 57 about 61. People began coming in and that helped me start coming down. But listen to this, it took me three months to dump my ag plot.

Eighteen years to get my feet back here where people did not call me queer, kooky, off balance. Eighteen years to be able to communicate with people in a way that they didn't consider me weird. It's far more difficult to get up all this negative thinking, it's far more difficult to get up a thought after than it formerly was to rid yourself of all the thoughts.

Three months that way, eighteen years back again. I can walk in the world now and I'm not considered out of balance. I use a lot of things in the world to try to get my feet back here.

I think the first thing was the Long John Nebelshow, I was the program manager getting up all the programs. And they had baskets for mail and notes. Everyone had their name

on it.

But for me they had K-O-O-K. I couldn't see it but they saw it. I tried other things.

I did a scientific project, a way out project and produced some metal which is no other metal like it. It's super conductive aluminum. And when that project was finished when I completed the Long John Nebelshow it was about a year or two.

I looked at it and I said last year flunked. I thought I was normal. I never chased after one single program.

Every program every night would call me. I didn't realize this until I was stepping out and the next person taking my place had a big chart on the wall laying out programs for three, four months. I said what's that for?

He says to get the programs in. What do you mean what's it for? I said oh.

I had everyone call me. Usually a day or a few days before the program. I wasn't aware that that was unusual until I quit.

Then I said oh there's another thing I never slept. The program was on from midnight to 5.30 a.m. During the day I'd be busy myself getting things ready for it and then people would during the night would say how do you stay so wide awake? I'd say oh I sleep in the daytime.

That's the only thing I could say to them. There were many other things that were so abnormal I said Lester you flumped. The next big thing was this scientific project.

Tony Sarantidis said something to me which see until 1952 I stayed with the nuclear physics which was changing every year and that was considered great. When I started there were three particles to the atom 52 I think there were 60 particles and now there's hundreds of particles in the atom and the definition of an atom is the basic building block. It's a single unit that can't be divided.

We brilliant physicists today with that definition say there's hundreds of parts in the atom you see where we are in the world? We don't know the A the alphabet. Why?

We don't know ourselves. We don't know the science of man himself. We don't know the science of beingness.

Knowing which instead of the tremendous complication of the atom A plus B plus C equals 0 explains the creation of all matter and the creation of all energy and all you need is arithmetic for it. When I went to school we had to study tensorial calculus in the physics department because the math department didn't have math that complicated. And what I'm saying to you the world is in the wrong direction and if you stay with it you get detracted and pulled away from what you are knowing which you'll know everything.

And the picture of the atom was so simple 52 all the years of study I had to throw away it was all wrong. The whole world is upside down. I hate to say this about medicine but we're all involved in it.

We have people medically involved but medicine studies disease and is very affluent in disease. It's almost like as a physicist what would I know about light if I studied darkness? That's what the world knows about health.

And I'm saying this to all of you for a very good reason. Let go of pampering the body. The body is your disease.

You patch it here and you gotta fix it here you fix it here you gotta fix it there and you get so locked into the body you lock yourself down here. So many of us are interested in health and herbs and this thing and you pick up the magazines no one's coming in all the time. What intelligence does a vitamin have that you don't have?

What intelligence does any chemical have that you don't have? If you look at it you see how ridiculous the direction of the world is. You must let go of that very wrong direction and start moving up.

I don't want to imply that if you're involved in any of these fields. Give it up. You can't.

You need it. You need to you think use it in order to survive. But your attitude toward it should change.

Whatever you're doing use it as a vocation until you can get to the place where you don't have to do anything. The way I see it one of the silliest things to do is to work for a living. How ridiculous can you get when you're eternal to work for a living?

And the most stupid thing of it is you're working for it out there and you're never going to get it out there. Eternal beings working for a living. Change your focus of direction.

Go inward. Get the answers. Don't chuck what you're doing.

Change your understanding of it. Become more and more successful in what you're doing and rise above it. All you got to do is get your rag flap out.

Release. Releasing will take you all the way.

[Speaker 2] (5:10:37 - 5:10:58)

He said he said don't stop what you're doing change your understanding of it. Yeah. Okay, I'm a doctor and I'm a psychiatrist and I know what you're saying I know what you're saying is right on.

I don't understand how to How to do it? Because I can see what you're saying is right yet

I don't know how to keep doing what I'm doing.

[Speaker 1] (5:10:59 - 5:11:02)

Okay, take this out are you helping people?

[Speaker 2] (5:11:03 - 5:11:04)

In a certain way, yes.

[Speaker 1] (5:11:04 - 5:14:14)

To a degree, yes. The freer you get the more help they're going to get from you regardless of what you say you're doing. By your state you're going to help them.

By releasing he saw first the psychotics didn't want to get better but they very much wanted him to join them. When he saw that he knew he had to give it up. As he was moving I think the first thing that happened to him he got rid of diverticulitis a week or so after the course he went in for an operation and he didn't have it.

Then he threw off all of his things. Then he threw away his livelihood. He did that because he saw there's nothing out there but my thinkingness.

And so he came to Sedona concentratedly worked on going free and he makes money now by not working. Real estate and things like that this is what he's doing. He's affluent without working.

He knows working is silly but he still has to make this step. He has to throw all that away give it away get rid of it and just live by being. Easy get rid of your eggplant.

That's it. Get rid of your eggplant. Now I was sitting in a penthouse on Central Park South when this concept hit me.

With an inner now walk out of here with just a shirt on your back and you're taken care of. And it was true. But being a physicist I had to prove it first.

I walked out one mid-December blizzardy day with the wind blowing hard I said that's it I'm going to go to Los Angeles for two weeks and get out of this. Went back in the house packed some things and I'm going to do it with no money. And I walked out of the house with no money.

Spent two weeks in Los Angeles and came back and never asked for one single thing. Can God do it? Then you can do it.

Then after that I always have to prove everything twice. When all the powers fell into my lap I had two witnesses for every power that I saw dropped into my lap. The second thing I did like that was to take a trip around the world with no money and never ask for a

thing.

[Speaker 2] (5:14:20 - 5:14:21)

Did you have a passport?

[Speaker 1] (5:14:22 - 5:14:22)

Yeah.

[Speaker 2] (5:14:26 - 5:14:27)

Well I don't know.

[Speaker 1] (5:14:29 - 5:14:32)

Were you on the earth or were you above it?

[Speaker 2] (5:14:33 - 5:14:37)

You could get around without it too. Did you teleport from country to country?

[Speaker 1] (5:14:38 - 5:15:29)

Took an airplane. But when I hit Rome just dropped into Rome on the way to Pakistan the nice Italian girl convinces me beyond any doubt that I can't go on to Pakistan because I had no visa. I forgot it.

I didn't arrange properly. Five minutes my plane was going to leave with my baggage on it for Pakistan and she says you can't go. So when she said that I said well she showed me the book that's it.

Nothing I can do about it and I let go. She walks to the rear comes running out here run. I don't know why my boss says you can go you got a visa in there run.

[Speaker 2] (5:15:30 - 5:15:30)

Wow.

[Speaker 1] (5:15:30 - 5:36:33)

I get on the plane they close the door behind me and I went to Pakistan. Now every impossible no matter how impossible becomes immediately possible when we are completely released on anything. Now this is something you can experience and you know you're completely released when you don't give a whoop.

You don't give a whoop. Now when she said she proved to me I couldn't go okay fine I don't care I'm alright and I let go and then the impossible becomes immediately

possible. I have a single picture everything is absolutely perfect is the picture I've dropped into without thinking I just let go like when I couldn't walk anymore I was so tired I didn't want to walk and they walked me up the hill hot sun all day long and I didn't have a hat I just let go everything is perfect and then the wish or whatever it was you wanted falls into your experience with no effort but you can test it by completely releasing and whatever it is you're wishing and you know you're completely released when you don't give the least concern about it. Yeah you can say it but apathy is sapathy and what I'm talking is brilliant that's the only difference you know the difference with apathy apathy is one of the heaviest of feelings when you let go it's one of the lightest of feelings so one's extremely heavy and the other's extremely light how can people be perfect and imperfect at the same time?

Right okay you need to make your choice how? by releasing the imperfection imperfect thoughts releasing your rag flap that's all imperfect thinking so keep releasing until you see the perfection every one of us goes through this we get to the place where we see the perfection where the former imperfection seemed to be this is a see me seemingness so you're in the see me seemingness and it's asking about the other side and that's confusion release the rag flap there'll be no confusion until you get rid of your programs of course there's gonna be two ways to go the way you know you should go and the way you're motivated to go so confusion is in everyone who isn't free rid yourself of your rag flap and all your confusion is gone rag flap is nothing but confusion rag flap is saying this perfect state has got a million imperfections that's what your rag flap is saying so until you get rid of it sure you're gonna be confused and you can't imagine being perfect you can only be it you can't image it in the mind you can be the perfection so you're trying to work it out in your mind which is imperfect see the mind cannot comprehend because the mind is all the time trying to survive that and every thought is a limitation I walk out of the apartment I hear my name being shouted a man who lost contact with me about ten years prior to that moment I hear him yell hey Lester where have you been? remember that money I owe you? gives me the money that bought me a round trip TWA ticket to Los Angeles I hit Los Angeles I call an old friend you must stay with us we just moved into a new place we have a room waiting for you next morning gee being in LA without a car is like being without legs next thought call Burl Cass an old friend I call him gee that's funny Lester I was just thinking of you where are you?

I want to see you I'm coming right over it's morning we're having a cup of coffee without saying anything his hand goes into his pocket and he slides his keys across the table he says you've got my car for as long as you want I live near the studio I walk to work now this is the way it works all the time when I decided to go to Europe an acquaintance said Lester I got you a round trip ticket around the world I'm working for BOAC but this works for you just as well as it works for me or anyone and everyone else but you got to do it you can't hold cannots and have these things happen all things are possible you've got to hold and allow them to happen and no matter how impossible believe me no matter

how impossible the situation it's instantly possible when you're completely released why?

because like I told you before there's nothing out there but your picture logically it's simple it's your picture if he meets someone who's almost there he can do it like when Ramakrishna tapped Vivekananda he went into the nirvana why? he was a master before he was born when Yogananda's guru Yukteswar touched him the same thing would happen to Yogananda why? Yogananda was a full master before he was born Jesus was a full master before he was born these are people who have decided to come back and help the rest the way I describe it is we get to the wall we look over to that garden of perfection we jump in and we no more know the people that we knew before that's what most of us do but a small percentage come up to the wall look in and then jump back to tell the rest of them what it's like those are the Christ's the Buddha's and so forth but to be lifted into the state of Nirvana you've got to be very very near it and there's no permanency about those things if someone else does it for you let go let go of all the act like look every time you let go whatever it is you want it happens whether you notice it or not why don't the apathetic people all start to death because they get down to the bottom they can't do a thing they quit somebody gives them a crump and they quit you get another crump and they quit they can't do it they're in deep apathy and they keep surviving that way because they quit you lose all sense of doership when you go free the way they explain it it's not I but the father who worked it through me and when you lose sense of doership that's called surrender and when you surrender you're stepping away from your ego sense you're letting go of your ego sense totally and you're into your beingness that's what surrender really is now Yogananda has a chapter of penniless boys in Vrindavan where he he was young and a friend of his go to a distant city everything falls perfectly into line for them they get back home and they had no money but they came back with money you can see how surrender how sure Yogananda was when he gets on a train and before the last stop two men get on and say to the kids oh you look as though you're of a religious bent would like to help you we'll get you a meal and Yogananda says don't bother me remember that? that's how sure you have to be and so when he got off the train he had a meal that was really designed for royalty but it's that way every time it's a good chapter to read because that's the way it is the funny part of it is that's the way it is now in your life but instead of making it easy you make it hard that's all the mind is only creative only only only creative creating what we put into it but you're creating heavies drop the heavies drop the ag flap if you're down here you must become a doer if you're up here you let go of your doingness and you move up here in other words if you think you cannot do that's a tremendous limitation so we tell you do set your goal get up the blocks the feelings that are preventing you from getting your goal and release them see so by becoming a doer your garbage comes up you stick your neck out and you're afraid it's going to be chopped off so you release all that and then you move up to here I have no sense of doership but others will see me the way they see me others will see a Christ just the way they see him the method that we use is simply

this everyone in his or her every act is seeking the total security in order to get which if I have everyone's approval I'll be safe and I'll survive if I cannot get their approval I want to make them approve of me so I'll be safe and survive and that's control and every other thought comes underneath that that's the whole picture okay so why do you want approval people in show business want that security if everyone worships me and I have fame and I have fortune oh boy will I be happy but you're lucky you've got the method you know what happens to most of them the greatest let down in their lives is when they attain fame and fortune at the same time there's no happiness there some of them commit suicide most of them hit drugs a small percentage resign themselves are you aware of how much Hollywood's on drugs today because they have gotten the fame and the fortune and it's as empty as can be and they try to sustain themselves on the momentary pleasures of approval taking responsibility puts you in the driver's seat you know what that means you're in control over everything so if you keep asking yourself what did I do wrong what did I do to cause this the answer will come to you when something so called negative would happen to me what did I do to create this and the unconscious thought that was the source of it would come to my mind and I'd release it so it wouldn't happen again see nothing happens without a forethought be conscious or unconscious most of it is unconscious when you ask the unconscious thought comes into consciousness and then you can release it while it's unconscious you cannot release it so if you get the habit of asking yourself what did I do to cause this thing you develop a habit of the initiating thought coming up so you can release it otherwise like if you're accident prone you'll go right on hiding accident after accident after accident but if you ask yourself what did I do to cause this you'll see the initiating thought you'll release it you undo being accident prone you're doing a tremendously good thing by taking responsibility now taking responsibility helps you get up the initiating thoughts that cause the unwanted so called unwanted experiences the negative experiences we must have that negative thought in order for it to happen now taking responsibility you can be the number one heroine in Hollywood you want that? it's alright because now you know what is and when it happens it won't be a ruination like it is to so many of them see approval control security are the roots that cause all thinking so you get more yardage more mileage out of it if you take it to approval control or security you see to release fear any one of those after grief fear it would take lifetimes of such a tremendous accumulation of it to release just one of them then we'd have the others to go but if you release approval or control releasing one unit of approval or control is releasing one unit of every feeling underneath it see the world's not making any progress in all the methods and ways they have because they're attacking it at a place where the amount of effectiveness is so minimal it amounts to almost nothing but when we attack it at approval or control we're attacking it at the roots one unit of approval or control released is releasing one unit in the hundreds of feelings that are further down the line so we should always take it to approval or control and if and when security comes up release that but don't push too hard for security don't worry about the fear of dying or the fear of living because you can get overwhelmed by it but if it doesn't overwhelm you it's even a

faster way than approval or control when you release an appreciable amount of approval or control you're up high enough so you can confront the fear of dying which is a most suppressed feeling of all feelings so when you release an appreciable amount of approval or control you're up high enough to confront and allow up the fear of dying and let it out rather than pushing it down again see we think if the fear of dying comes up we're going to die it feels as though we're dying so we suppress it but be careful on it don't overwhelm yourself by releasing on the fear of dying unless you can really handle it once you can handle it go for broke very quickly you get that out and you're finished when you let go of your fear of dying you're finished you're so close to it that you're as good as finished so simple no more wanting approval or control allows you to pull out the absolute bottom line fear of dying which is your security thing after which your mind goes quiet and you have no fear of dying your mind goes quiet and you're very self-obvious to yourself as your unlimitedness got to quiet that mind see if there's only one way of going free it is getting the mind quiet now all the other ways try to do it through the mind and because the mind is an entity programmed for survival and the mind thinks it is a survival the mind will never undo the mind this is a problem with all other ways except our way they're all trying to do it via the mind and the mind is totally constituted to keep your body surviving so the mind will never quiet the mind releasing the motivators for thought will releasing approval control will quiet the mind and when the mind is quiet the answer the answer is there knowing that answer every other answer is there so there's only one way that's quieting the mind and any way that attempts to do it via the mind will never succeed and that's why we're not succeeding over these thousands of years they tell you love but you got all this ag flap which is non-love so you try to love over the top of the non-love it doesn't work take the ag flap out of the way and the love is there has always been there you're all loved by your nature the ag flap covers it over pull the ag flap out there's only love it's the greatest thing there is you're ignorant of the fact that you're creating those pictures is that a bad word ignorant?

I didn't say ignoramus unless you're reading my thought

[Speaker 2] (5:36:35 - 5:36:37)

you're all creating those rocks

[Speaker 1] (5:36:38 - 5:37:43)

whatever rock you see you're creating yes there's nothing out there but your picture you don't see what everyone else sees you think everyone's seeing your picture this is part of the ego but first you know people don't see things the same well you talk to groups you know at the platform they say you said and they tell you the opposite of what you said everyone sees what he or she sees through their own ag flapped eyeglasses their own rose colored glasses you don't have to relate it to anything just hold it there's

nothing out there but my picture until you see that to be so take responsibility and you'll make the picture the way you choose to make it all there ever was was our was our whole complete beingness being a rock is imagined beingness alone

[Speaker 2] (5:37:44 - 5:37:47)

so the rock exists it's just an imagination

[Speaker 1] (5:37:47 - 5:37:48)

it exists in your imagination

[Speaker 2] (5:37:52 - 5:38:06)

that's the problem could we say then that we have rocks in our head you have rocks in your head

[Speaker 1] (5:38:08 - 5:46:45)

just like you see things in your dream after you have awakened from it and look back at it now this waking state is it is exactly as real as a night dream is real while you're in a night dream it's real right when you wake up you say oh my gosh it was just a dream that never really was when you wake up out of this dream you'll say the exact same thing the so called waking state is a dream state it really is we're asleep we're asleep to this and when you wake up out of it you're gonna say you're gonna laugh your head off it never really was it was just a dream that I imagined but the only thing that ever really was was this you see what you're doing to me you're trying to make me say yes this is it no but this isn't it nor is that in our infinite beingness we set this thing up that sets this up the funny thing is you can't ever lose that power you can delegate it to this which can delegate it to this which can delegate it to chemicals and food and air but all the time the truth is this delegating its power downward in actuality you never give up your mastership you just masterfully drown yourself with limitations there's a singular oneness it's your beingness that's how simple it is imagining all this imaging all this in your mind keep that mind quiet it's all gone I'll tell you another thing from the top if it's world it's no good now let me qualify that be successful be the number one because in that process you get to know that if it's world it's no good you get to know that after attaining fame and fortune there's no happiness there then you have to go after happiness where it really is what is happiness? there's only one single joy in happiness it's being your beingness which you do every time you quiet your mind by satisfying a desire a desire is agony is the agony of lack your mind is active you satisfy the desire your mind goes quiet and you're being that's the only joy there is there is no other joy get to see this and you'll stop chasing the rainbows out there yeah, but hear me if you can't succeed in the world you got programs I cannot succeed so you must succeed in the world why?

so it brings up those non-success programs so you can release them a good part of the course is goals, right? why? so it brings up your negative feelings so you can release them so you can be successful if you can't be successful you must be when you are successful then you move above it you go from havingness to doingness to beingness if you can't win in this world you got to become a winner if you're not a winner you're loaded with I cannots so as you move out to be a winner the I cannots come up and you release them then you can be a winner a winner's happy after you get to be a winner you move up into being I've always recommended to people don't work for a living go out on your own do your own thing because you're moving up into doingness which is a higher state than havingness you're a slave in this state your life depends on someone else feeding you things that buy you food and shelter the only reason why we work for a living work for somebody else is we have a slave consciousness if we didn't have that nobody would be working for anybody but this world is loaded with the slaves so you're better off moving out into something of your own because more ag flat comes up when you move out you feel safe down here somebody's taking care of you, feeding you move up there more of your garbage comes up release it then move up here I can tell you only 5% of us are in a doingness state 95% of us are in the apathy, grief, fear lust touch anger touch pride never get up into courageousness so you gotta get into courageousness to be a doer because you're sticking your neck out and all the others might chop your head off and you get out and do but when you do it you find out they don't chop your head off you do okay you see what's happening all your questioning is around here and a little bit here and none of it here if you just did nothing absolutely nothing you would be but you're driving to do see how noisy your minds are so concentrate on releasing approval controls the only thing that's gonna do it for you you're trying to get answers through your mind every time you put a question to me almost every question is trying to rationalize it in your mind where it isn't so all this answering I'm doing for you is satisfying a mental hunger it's doing you that much good the only good is releasing well taking responsibility was an excellent point that was brought up we must take responsibility for everything that's happening to us why? we're causing it when you do that you're moving much faster if you don't take responsibility you'll never get anywhere because you're causing and saying I'm not but notice how much your questioning is within mind all the time getting mental answers to things which helps you none but if you release approval and controls I'm talking to you you'll be moving ahead so the answer to your question is go free there's no confusion greetings all you infinite beings even that liar there is infinite the only thing that had him down before was a heavy feeling he releases it he feels good when you're feeling good your mind is quiet and you're just being why do you all insist on being miserable I wasn't going to start this way but for God's sake what are you

[Speaker 2] (5:46:45 - 5:46:47)

waiting for

[Speaker 1] (5:46:48 - 5:54:56)

that which you're seeking you already are right now you're infinite you're whole you're complete you're all the happiness there is in the universe why all this asinine effort to be otherwise holding on to feelings no matter how terrible this world is it's only a feeling and you've experienced the very fact that any feeling you have you can get rid of why not go all the way release the fear of dying you couldn't be any deader than you are now everything you're doing every moment is trying to keep the body surviving what you need to do is to make the decision enough with this nonsense I'm going to go free I'm going to go all the way that's all it takes is a decision by you you're number one is weak if you're not free now I would change number one from wanting freedom more than approval control to wanting freedom more than anything else in this world wanting freedom more than you want the world will get it for you quickly you must must want freedom more than you want anything in this world if step number one is in the other steps follow and the trip can be so short you could do it in one month's time with what you know and what you've done make it a grand and glorious just going up every moment which is simply every feeling see it let it out what would it take to make you make that decision to go free to want freedom more than you want things in the world what would it take for you to make that decision a gun a bomb air you couldn't breathe food that's poisoned this is what you're doing when you're moving toward it look at what's happening in the world as long as you're looking to the world for your good you're going to get what's going on out there all curves are in a downward direction your presidents your senators represent your sum total thinking here we are the number one nation in the world the world's looking to us for stability they know our dollar is worthless it's just the faith that they have now and here your greatest minds the senators are attacking the president the number one to make us look ridiculous in the eyes of the world and could cause a world catastrophe economically if the faith in the dollar goes out the world economy goes out do you need that? no any one of you who makes that decision to want freedom more than you want anything in this world will get it and get it quickly now if you really want things in this world you can have them by mere effortless thoughts how would you like that?

mere effortless thoughts can materialize anything you wish when you remove the ag flap blinders when you remove the fear of dying your subconscious mind goes quiet and there you are being your beingness only and when you're being your beingness only any your mind being totally quiet any thought you put into it materializes immediately or dematerializes maybe by tempting you with the entire world you might let go of it so you can have it but you really should be living effortlessly by a mere effortless thought how ridiculous can we be we infinite beings unfortunately being infinite you can be infinitely stupid and that's what we're doing identifying with the carcass identifying with mind which is limited and you can't help be your beingness you are all the time that's it all this tremendous effort you go through to be limited and suffer is so ridiculous get smart let

go of all that nonsense let go of the fear of dying and you've pulled it up by the taproot can anyone tell me why you don't choose to be in this natural state that you are in all the time why don't you just be this infinite beingness that you are now why don't you do it any answers I'm really asking unknown dying blackness it's just the fear of dying this is why you're not doing it you fear that I'll die if I go free which is just the exact opposite of what happens let go of your fear of dying you'll see you are eternal you are in total control of your universe